



California Niçoise Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 avocado thinly sliced
- ☐ 1.5 tablespoons tarragon fresh chopped
- ☐ 1 garlic clove minced
- ☐ 2 hard-cooked eggs sliced into thin rounds
- ☐ 0.5 cup kalamata olives pitted chopped
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 loaf long and 3 to 4 inches wide baguette-style
- ☐ 0.5 cup mayonnaise

- ☐ 13 oz oil-packed tuna drained canned
- ☐ 0.5 cup radishes thinly sliced
- ☐ 1.5 tablespoons red wine vinegar
- ☐ 6 servings salt and pepper
- ☐ 1 medium tomatoes thinly sliced

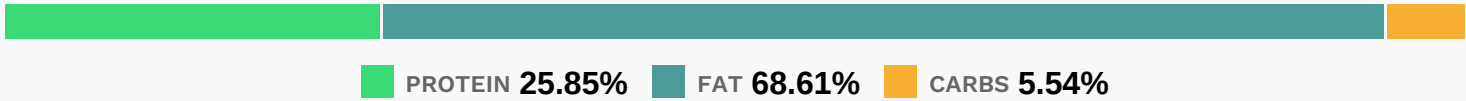
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Slice loaf in half lengthwise. Scoop out about 3/4 of the bread from the top and bottom halves to create pockets; discard scooped-out bread.
- ☐ In a small bowl, whisk together the mayonnaise, garlic, and lemon peel.
- ☐ Spread generously over inside of loaf's top half.
- ☐ In a medium bowl, stir together the tuna, tarragon, vinegar, and salt and pepper to taste. Spoon into bottom half of loaf.
- ☐ Top tuna mixture with radish slices, then the tomato, eggs, and avocado slices. Spoon olives over all and top with the other loaf half. To serve, slice into 6 equal portions.
- ☐ Wine pairing: A fresh, lively dry ros--preferably a Grenache--is great with this sandwich; licorice in the wine can echo the tarragon in the sandwich.

Nutrition Facts



Properties

Glycemic Index:50.33, Glycemic Load:1.06, Inflammation Score:-5, Nutrition Score:17.519999897998%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-

gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 330.29kcal (16.51%), Fat: 25.14g (38.68%), Saturated Fat: 4.3g (26.85%), Carbohydrates: 4.57g (1.52%), Net Carbohydrates: 2.46g (0.89%), Sugar: 1.22g (1.36%), Cholesterol: 81.06mg (27.02%), Sodium: 771.5mg (33.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.31g (42.62%), Selenium: 52.73µg (75.33%), Vitamin K: 62.93µg (59.94%), Vitamin B3: 8.26mg (41.29%), Vitamin D: 4.52µg (30.13%), Vitamin B12: 1.56µg (25.98%), Phosphorus: 246.57mg (24.66%), Vitamin E: 2.21mg (14.71%), Vitamin B2: 0.22mg (12.8%), Manganese: 0.22mg (11.01%), Iron: 1.93mg (10.7%), Potassium: 366.75mg (10.48%), Vitamin B6: 0.21mg (10.44%), Vitamin C: 7.82mg (9.48%), Vitamin A: 460.08IU (9.2%), Magnesium: 36.75mg (9.19%), Folate: 35.66µg (8.92%), Fiber: 2.11g (8.44%), Vitamin B5: 0.77mg (7.68%), Zinc: 1.01mg (6.73%), Copper: 0.13mg (6.33%), Calcium: 52.25mg (5.22%), Vitamin B1: 0.06mg (4.3%)