



Hot Niçoise Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



45

CALORIES



42 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 tuna steaks 1-inch-thick
- ☐ 2 cans flat anchovies packed in olive oil, drained and chopped
- ☐ 0.5 cup torn basil leaves
- ☐ 4 large eggs
- ☐ 1 cup grape tomatoes halved
- ☐ 0.5 pound green beans
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup olive oil extra-virgin

- ☐ 3 ounces niçoise olives pitted
- ☐ 45 servings salt and pepper freshly ground
- ☐ 1 cup bell peppers red yellow cut into strips

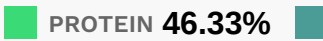
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ ramekin
- ☐ roasting pan
- ☐ steamer basket

Directions

- ☐ Preheat the oven to 40
- ☐ Put the beans in a steamer basket and steam over 1 inch of boiling water until crisp-tender, 4 minutes; transfer to a large roasting pan.
- ☐ Lightly squeeze the tomatoes and add to the pan.
- ☐ Add the olives, bell pepper, anchovies and basil, toss with 1/4 cup of the olive oil and season with salt and pepper.
- ☐ Brush the tuna steaks with 1 tablespoon of the olive oil and season with salt and pepper. Set the tuna on the vegetables. Nestle 4 ramekins among the vegetables and crack an egg into each ramekin.
- ☐ Drizzle the eggs with 1 tablespoon of the oil and season with salt and pepper
- ☐ Roast the tuna, vegetables and eggs in the center of the oven for 15 minutes, until the fish is slightly rare in the center and the egg whites are set, but the yolks are still runny.
- ☐ Meanwhile, in a small bowl, whisk the remaining 1/4 cup of oil with the lemon juice and season with salt and pepper.
- ☐ Drizzle the dressing over the vegetables and tuna steaks.
- ☐ Transfer to plates and serve immediately.

Nutrition Facts

 **PROTEIN 46.33%**  **FAT 45.44%**  **CARBS 8.23%**

Properties

Glycemic Index:3.42, Glycemic Load:0.13, Inflammation Score:-4, Nutrition Score:4.8356521388759%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 41.56kcal (2.08%), Fat: 2.08g (3.2%), Saturated Fat: 0.47g (2.94%), Carbohydrates: 0.85g (0.28%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.3g (0.33%), Cholesterol: 23.74mg (7.91%), Sodium: 238.58mg (10.37%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 4.77g (9.54%), Vitamin B12: 1.48µg (24.66%), Selenium: 7.83µg (11.19%), Vitamin C: 7.45mg (9.03%), Vitamin A: 445.61IU (8.91%), Vitamin B3: 1.75mg (8.74%), Vitamin D: 0.95µg (6.33%), Phosphorus: 55.22mg (5.52%), Vitamin B6: 0.1mg (4.82%), Vitamin B2: 0.07mg (4.21%), Vitamin K: 3.87µg (3.68%), Vitamin B1: 0.05mg (3.1%), Magnesium: 11.54mg (2.88%), Vitamin B5: 0.26mg (2.65%), Vitamin E: 0.39mg (2.63%), Potassium: 81.39mg (2.33%), Iron: 0.41mg (2.28%), Copper: 0.03mg (1.69%), Folate: 6µg (1.5%), Zinc: 0.22mg (1.45%), Manganese: 0.03mg (1.37%), Calcium: 11.47mg (1.15%), Fiber: 0.27g (1.1%)