



Italian Tuna Salad Sandwiches with Black-Olive Dressing

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet anchovy minced
- ☐ 4 crusty rolls 6-inch lengths of baguette halved
- ☐ 0.8 cup olives black such as gaeta, calamata or niçoise (3 1/2 ounces), pitted and chopped
- ☐ 0.8 cup flat-leaf parsley chopped
- ☐ 3 garlic cloves minced
- ☐ 4 hard-cooked eggs sliced
- ☐ 1.5 tablespoons juice of lemon fresh

- ☐ 12 ounce cans of imported olive oil-packed tuna drained canned
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 small onion red thinly sliced
- ☐ 4 servings salt and pepper freshly ground
- ☐ 6 ounces snow peas
- ☐ 1 tablespoon thyme leaves chopped
- ☐ 2 medium tomatoes sliced

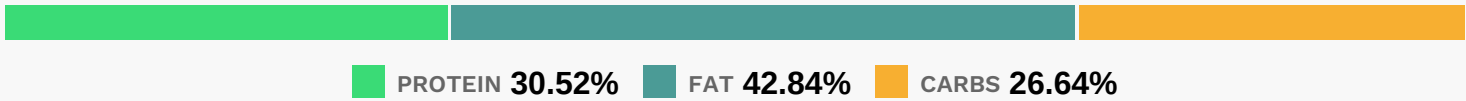
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a medium bowl, mix the parsley, black olives, olive oil, anchovies, garlic, lemon juice and thyme. Season the dressing with salt and pepper.
- ☐ In a small pot of boiling salted water, blanch the snow peas for 1 minute, or until they are bright green and just tender.
- ☐ Drain the snow peas and refresh them under cold water, then pat dry. Slice the snow peas lengthwise into 1/4-inch strips and toss them with 1 tablespoon of the olive dressing.
- ☐ In a medium bowl, lightly break up the drained tuna with a fork.
- ☐ Add 6 tablespoons of the olive dressing and toss gently.
- ☐ Spread the cut sides of the rolls or baguette pieces with the remaining olive dressing. On the bottom halves of the rolls or baguette pieces, arrange the snow peas, followed by the red onion slices, the tomatoes, tuna and sliced eggs. Close the tuna sandwiches and serve.
- ☐ Make Ahead: The tuna sandwiches can be kept at room temperature for up to 3 hours.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:1.6, Inflammation Score:-10, Nutrition Score:36.22434748774%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 24.31mg, Apigenin: 24.31mg, Apigenin: 24.31mg, Apigenin: 24.31mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 1.79mg, Myricetin: 1.79mg, Myricetin: 1.79mg, Myricetin: 1.79mg Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg

Nutrients (% of daily need)

Calories: 505.02kcal (25.25%), Fat: 23.98g (36.89%), Saturated Fat: 4.73g (29.57%), Carbohydrates: 33.56g (11.19%), Net Carbohydrates: 28.36g (10.31%), Sugar: 5.57g (6.19%), Cholesterol: 204.21mg (68.07%), Sodium: 1268.33mg (55.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.44g (76.88%), Vitamin K: 242.09µg (230.56%), Selenium: 94.49µg (134.99%), Vitamin B3: 13.92mg (69.61%), Vitamin C: 56.62mg (68.63%), Vitamin A: 2433.43IU (48.67%), Vitamin D: 6.8µg (45.32%), Phosphorus: 452.14mg (45.21%), Vitamin B12: 2.45µg (40.85%), Vitamin B2: 0.58mg (33.84%), Folate: 127.35µg (31.84%), Iron: 5.38mg (29.9%), Manganese: 0.57mg (28.26%), Vitamin B1: 0.41mg (27.55%), Vitamin E: 3.75mg (24.98%), Fiber: 5.2g (20.81%), Potassium: 672.87mg (19.22%), Vitamin B6: 0.38mg (19.07%), Magnesium: 73.44mg (18.36%), Vitamin B5: 1.72mg (17.2%), Calcium: 152.19mg (15.22%), Zinc: 2.2mg (14.69%), Copper: 0.28mg (13.93%)