



## Mini Nicoise Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 pounds thick ahi tuna ()
- ☐ 0.5 teaspoon pepper black
- ☐ 1 loaf ciabatta bread (12- x 6-inch)
- ☐ 12 grape tomatoes
- ☐ 5 hardboiled eggs
- ☐ 1 teaspoon kosher salt
- ☐ 30 servings mayonnaise
- ☐ 30 servings olive tapenade

☐ 2 tablespoons vegetable oil

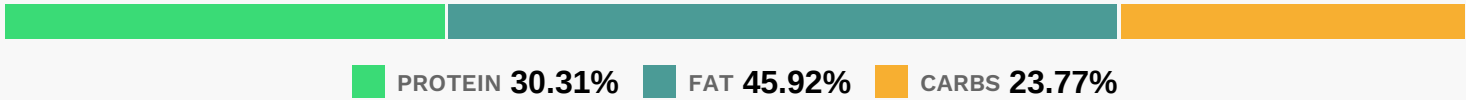
Equipment

- ☐ frying pan
- ☐ paper towels

Directions

- ☐ With paper towels, thoroughly dry ahi tuna.
- ☐ Brush with vegetable oil; season with kosher salt and black pepper.
- ☐ Heat a saut pan until very hot; sear tuna for 1 minute per side.
- ☐ Remove from pan and allow to cool; cut into 30 slices. Thinly slice grape tomatoes to make 30 slices. Thinly slice hard-cooked eggs into 30 slices.
- ☐ Cut ciabatta loaf in half horizontally; cut each half into pieces to yield 30 pieces. Coat squares with mayonnaise; top with tuna, 3 slices of tomato, and a slice of hard-cooked egg.
- ☐ Add a small pinch of olive tapenade.

Nutrition Facts



Properties

Glycemic Index:4, Glycemic Load:0.09, Inflammation Score:-5, Nutrition Score:7.6134782951811%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 127.33kcal (6.37%), Fat: 6.38g (9.82%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 7.44g (2.48%), Net Carbohydrates: 7.18g (2.61%), Sugar: 0.3g (0.33%), Cholesterol: 44.25mg (14.75%), Sodium: 198.89mg (8.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.48g (18.96%), Vitamin B12: 2.95µg (49.15%), Selenium: 13.7µg (19.57%), Vitamin A: 762.89IU (15.26%), Vitamin B3: 2.66mg (13.32%), Vitamin D: 1.91µg (12.77%), Phosphorus: 93.67mg (9.37%), Vitamin K: 8.8µg (8.38%), Vitamin B6: 0.15mg (7.68%), Vitamin B2: 0.12mg (7.1%), Vitamin B1: 0.08mg (5.42%), Vitamin B5: 0.45mg (4.49%), Magnesium: 16.8mg (4.2%), Vitamin E: 0.63mg (4.2%), Potassium:

104.08mg (2.97%), Iron: 0.44mg (2.44%), Zinc: 0.29mg (1.91%), Copper: 0.03mg (1.62%), Folate: 5.5µg (1.37%),  
Vitamin C: 0.93mg (1.13%), Fiber: 0.25g (1.02%)