



Niçoise Sandwiches



Gluten Free



Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



296 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 ounce albacore tuna in water drained canned
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 large hard-cooked egg sliced
- ☐ 8 ounce honey-wheat baguette
- ☐ 0.3 cup kalamata olives pitted chopped
- ☐ 4 leaf lettuce leaves green chopped
- ☐ 1 tablespoon olive oil
- ☐ 8 slices plum tomatoes 2 tomatoes

- ☐ 0.3 cup onion red thinly sliced
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt

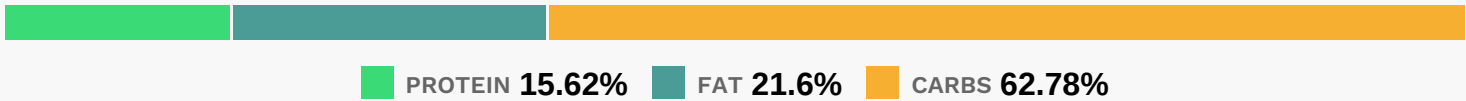
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients in a medium bowl.
- ☐ Combine vinegar and next 3 ingredients, stirring well with a whisk.
- ☐ Add vinegar mixture to tuna mixture, tossing to coat.
- ☐ Cut a "V"-shaped pocket in top of baguette; remove cut portion, and hollow out inside of bread, leaving a 1/2-inch border. Reserve cut portion and torn bread for another use.
- ☐ . Spoon tuna mixture into hollowed-out baguette, mounding slightly.
- ☐ Cut filled baguette crosswise into 4 equal portions.

Nutrition Facts



Properties

Glycemic Index:37.32, Glycemic Load:24.62, Inflammation Score:-2, Nutrition Score:7.0082609290662%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 295.91kcal (14.8%), Fat: 7.4g (11.39%), Saturated Fat: 1.41g (8.8%), Carbohydrates: 48.4g (16.13%), Net Carbohydrates: 47.74g (17.36%), Sugar: 47.22g (52.47%), Cholesterol: 64.49mg (21.5%), Sodium: 601.89mg (26.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.04g (24.09%), Selenium: 32.39µg (46.27%), Vitamin B3: 2.59mg (12.96%), Phosphorus: 121.05mg (12.1%), Vitamin B12: 0.64µg (10.6%), Vitamin E: 1.33mg (8.89%), Vitamin D: 1.13µg (7.5%), Vitamin B6: 0.14mg (6.94%), Vitamin B2: 0.11mg (6.43%), Manganese: 0.11mg (5.52%), Iron: 0.96mg (5.31%), Potassium: 177.18mg (5.06%), Vitamin K: 5.19µg (4.95%), Magnesium: 19.43mg (4.86%), Vitamin A: 198.94IU (3.98%), Zinc: 0.49mg (3.28%), Copper: 0.06mg (2.92%), Vitamin B5: 0.29mg (2.87%), Fiber: 0.66g (2.65%), Folate: 10.36µg (2.59%), Calcium: 24.63mg (2.46%), Vitamin C: 1.43mg (1.73%), Vitamin B1: 0.02mg (1.32%)