



Niçoise stuffed baguette

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



327 kcal

Ingredients

- ☐ 3 large eggs
- ☐ 130 g tuna in olive oil canned
- ☐ 1 large crusty baguette
- ☐ 2 tbsp mayonnaise
- ☐ 3 tomatoes ends trimmed sliced
- ☐ 12 basil (depending on how herby you like it)
- ☐ 12 kalamata olives pitted
- ☐ 8 fillet anchovy
- ☐ 1 shallots finely chopped

- ☐ 3 tbsp olive oil
- ☐ 1 tbsp citrus champagne vinegar
- ☐ 0.5 tsp dijon mustard

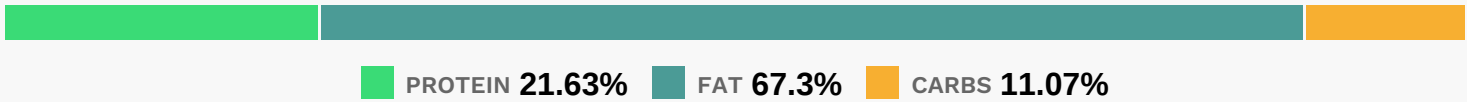
Equipment

- ☐ frying pan

Directions

- ☐ Bring a small pan of water to the boil.
- ☐ Add the eggs and boil for 10 mins.
- ☐ Drain, then run the eggs under the cold tap to cool quickly. Carefully shell and cut the eggs into wedge-shaped quarters. Meanwhile, mix all the ingredients for the shallot vinaigrette with seasoning and stir in the oil from the tuna.
- ☐ Slice the loaf in half lengthways, but not all the way through, so it opens up like a book. Use your fingers to pull out any bread that easily comes away from the top half to hollow the loaf a little.
- ☐ On the bottom half of the loaf, drizzle over the vinaigrette. Stir the mayonnaise into the tuna and spread on top. Now layer in the tomatoes, basil, olives, eggs and anchovies.
- ☐ Tightly roll up in baking parchment and secure down the length with elastic bands or string. Press really well all the way down the loaf, then chill overnight.
- ☐ Cut into slices if feeding a crowd, or into 4 lengths.

Nutrition Facts



Properties

Glycemic Index:72.94, Glycemic Load:3.7, Inflammation Score:-7, Nutrition Score:16.584347952967%

Flavonoids

Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg,

Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 327.49kcal (16.37%), Fat: 24.54g (37.76%), Saturated Fat: 4.34g (27.15%), Carbohydrates: 9.09g (3.03%), Net Carbohydrates: 7.18g (2.61%), Sugar: 3.53g (3.92%), Cholesterol: 153.05mg (51.02%), Sodium: 486.93mg (21.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.75g (35.49%), Selenium: 40.98µg (58.54%), Vitamin K: 44.71µg (42.58%), Vitamin B3: 6.12mg (30.62%), Vitamin E: 3.45mg (23.01%), Phosphorus: 225.83mg (22.58%), Vitamin A: 1115.61IU (22.31%), Vitamin D: 2.94µg (19.61%), Vitamin B12: 1.11µg (18.44%), Vitamin B2: 0.28mg (16.3%), Vitamin C: 13.38mg (16.21%), Iron: 2.15mg (11.93%), Potassium: 410.93mg (11.74%), Folate: 45.52µg (11.38%), Vitamin B6: 0.22mg (11.03%), Manganese: 0.2mg (9.89%), Vitamin B5: 0.89mg (8.94%), Magnesium: 33.87mg (8.47%), Zinc: 1.18mg (7.9%), Vitamin B1: 0.12mg (7.87%), Copper: 0.16mg (7.86%), Fiber: 1.91g (7.63%), Calcium: 66.04mg (6.6%)