



## Niçoise Toasts

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



476 kcal

## Ingredients

- 1 tablespoon capers coarsely chopped
- 1 cup cherry tomatoes halved
- 2 tablespoons flat parsley chopped
- 1 garlic clove halved
- 4 large hardboiled eggs peeled coarsely chopped
- 4 servings pepper freshly ground
- 2 tablespoons juice of lemon fresh divided ()
- 0.8 cup cottage cheese low-fat
- 3 tablespoons olive oil divided

- 0.3 cup olives mixed pitted quartered
- 1 spring onion thinly sliced
- 4 ounces olive oil packed in olive oil (preferably pole-caught), drained, broken into pieces

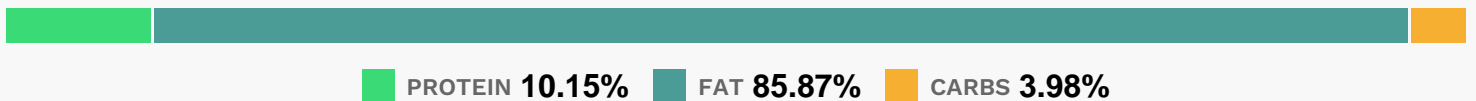
## Equipment

- bowl
- potato masher

## Directions

- Combine eggs, cottage cheese, 1 tablespoon oil, 2 tablespoons chopped parsley, 1 tablespoon lemon juice, capers, and scallion in a medium bowl. Using a potato masher or large fork, mash until a coarse paste forms. Season with salt and pepper.
- Toss 2 tablespoons oil, 1 cup parsley leaves, 1 tablespoon lemon juice, tomatoes, and olives in a medium bowl. Season with salt, pepper, and more lemon juice, if desired. Gently fold in tuna (don't overmix; keep it chunky).
- Toast bread; rub 1 side with cut end of garlic.
- Spread egg salad on top of each slice, dividing equally. Top with tuna mixture.
- Per serving: 390 calories, 21g fat, 2g fiber
- Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index: 31.5, Glycemic Load: 0.15, Inflammation Score: -5, Nutrition Score: 12.859565201013%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg, Apigenin: 4.34mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg, Kaempferol: 2.7mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg, Quercetin: 4.08mg

## Nutrients (% of daily need)

Calories: 475.54kcal (23.78%), Fat: 45.98g (70.74%), Saturated Fat: 7.46g (46.61%), Carbohydrates: 4.8g (1.6%), Net Carbohydrates: 3.99g (1.45%), Sugar: 2.98g (3.31%), Cholesterol: 188.2mg (62.73%), Sodium: 427.74mg (18.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.23g (24.45%), Vitamin K: 64.42µg (61.35%), Vitamin E: 6.71mg (44.7%), Selenium: 19.64µg (28.06%), Vitamin B2: 0.34mg (20.26%), Vitamin C: 14.94mg (18.11%), Phosphorus: 157.93mg (15.79%), Vitamin A: 694.9IU (13.9%), Vitamin B12: 0.82µg (13.7%), Folate: 39.14µg (9.79%), Vitamin B5: 0.87mg (8.67%), Iron: 1.4mg (7.76%), Vitamin D: 1.1µg (7.33%), Vitamin B6: 0.14mg (6.92%), Calcium: 67.69mg (6.77%), Potassium: 216.8mg (6.19%), Zinc: 0.79mg (5.3%), Manganese: 0.09mg (4.46%), Vitamin B1: 0.06mg (4.28%), Copper: 0.07mg (3.71%), Magnesium: 14.47mg (3.62%), Fiber: 0.81g (3.24%), Vitamin B3: 0.37mg (1.86%)