



## Nicoise Tuna Sandwich: Pan Bagnat

 Dairy Free

READY IN



25 min.

SERVINGS



2

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 fillet anchovy drained
- 2 servings bell pepper black
- 12 ounce tuna packed in olive oil, including olive oil canned
- 2 hardboiled eggs sliced
- 2 servings freshly squeezed lemon juice
- 1 leaves lettuce combination of boston green
- 2 tablespoons mild olive oil french extra-virgin for drizzling
- 2 servings niçoise olives

- 8 slices plum tomatoes
- 2 servings radishes sliced
- 0.1 small onion red thinly sliced
- 1 tablespoon red wine vinegar
- 0.3 teaspoon salt
- 2 servings scallions chopped
- 2 kaiser rolls plain
- 0.3 onion white thinly sliced

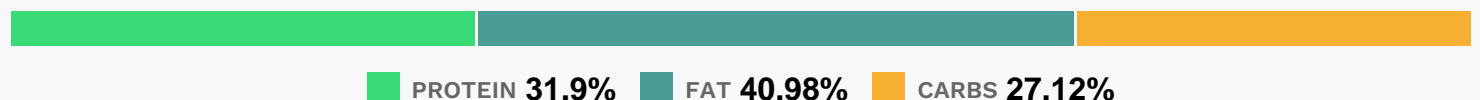
## Equipment

- bowl

## Directions

- Combine the red and white onion with 2 tablespoons extra-virgin olive oil, 1 tablespoon red wine vinegar, 1/4 teaspoon salt, and several grinds of black pepper in a bowl.
- Using your hands, mix and squeeze everything together for 5 minutes. (Don't rush through this part; the onions need time to release their juices and mellow.)
- Work in the cans of tuna in olive oil, including the oil. Season with lemon juice, additional red wine vinegar and salt.
- Add pepper, to taste.
- Cut Kaiser rolls in half crosswise and layer each bottom half with lettuce leaves. Use a couple of varieties (whatever looks good) for the difference in texture.
- On top of each lettuce layer, arrange 4 tomato slices (skip this step if you don't have really tomatoes on hand). Then add about half the tuna mixture and 3 to 4 slices of hard-boiled egg.
- Crisscross each sandwich with 2 drained anchovy fillets and strew with Nicoise olives (pit them if desired), chopped scallions, and sliced radishes. Then drizzle generously with more olive oil and top with the remaining Kaiser halves, pressing gently but firmly.

## Nutrition Facts



## Properties

Glycemic Index:130.5, Glycemic Load:23.86, Inflammation Score:-7, Nutrition Score:30.200869726098%

## Flavonoids

Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg, Pelargonidin: 36.62mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg, Isorhamnetin: 1.03mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

## Nutrients (% of daily need)

Calories: 593.19kcal (29.66%), Fat: 26.71g (41.09%), Saturated Fat: 4.49g (28.09%), Carbohydrates: 39.76g (13.25%), Net Carbohydrates: 36.4g (13.24%), Sugar: 7.65g (8.5%), Cholesterol: 252.54mg (84.18%), Sodium: 1364.07mg (59.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.77g (93.54%), Selenium: 134.38µg (191.97%), Vitamin B3: 18.34mg (91.72%), Iron: 15.01mg (83.41%), Vitamin B12: 4.98µg (82.93%), Phosphorus: 358.95mg (35.89%), Vitamin B6: 0.71mg (35.43%), Vitamin K: 30.61µg (29.16%), Vitamin B2: 0.46mg (26.98%), Vitamin E: 4mg (26.64%), Vitamin C: 17.91mg (21.7%), Vitamin D: 3.14µg (20.94%), Potassium: 630.46mg (18.01%), Vitamin A: 787.01IU (15.74%), Folate: 61.47µg (15.37%), Magnesium: 61.46mg (15.36%), Zinc: 2.05mg (13.65%), Fiber: 3.36g (13.44%), Vitamin B5: 1.17mg (11.68%), Calcium: 112.87mg (11.29%), Copper: 0.18mg (8.97%), Manganese: 0.16mg (8.19%), Vitamin B1: 0.12mg (8.12%)