



Niçoise Tuna Sandwich (Pan Bagnat)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 fillet anchovy drained
- ☐ 2 servings pepper black to taste
- ☐ 6 ounce tuna packed in olive oil (see above) including olive oil canned
- ☐ 6 slices hardboiled eggs
- ☐ 2 servings juice of lemon to taste
- ☐ 1 leaves boston lettuce green
- ☐ 2 tablespoons olive oil extra virgin extra-virgin for drizzling
- ☐ 2 servings olives

- ☐ 2 servings radishes sliced
- ☐ 0.1 onion red thinly sliced
- ☐ 1 tablespoon red-wine vinegar to taste
- ☐ 0.3 teaspoon salt to taste
- ☐ 2 servings spring onion chopped
- ☐ 8 slices tomato
- ☐ 0.3 onion white thinly sliced

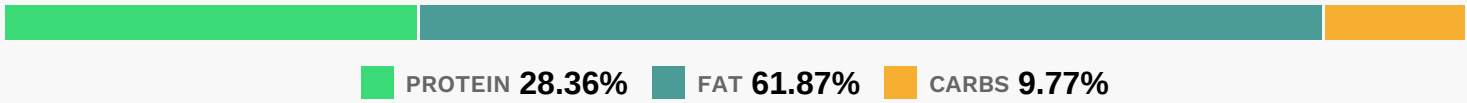
Equipment

- ☐ 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 can of tuna in olive oil, including the oil. Season with fresh lemon juice, red-wine vinegar, and salt, then add pepper to taste.
- ☐ Cut kaiser rolls in half crosswise and spread 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 good—really good—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 Niçoise olives (pit them if desired), chopped scallion greens, 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:94, Glycemic Load:0.9, Inflammation Score:-6, Nutrition Score:17.272174254708%

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: 270.55kcal (13.53%), Fat: 18.72g (28.8%), Saturated Fat: 2.77g (17.31%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 4.36g (1.58%), Sugar: 2.79g (3.1%), Cholesterol: 46.61mg (15.54%), Sodium: 827.01mg (35.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.3g (38.61%), Selenium: 62.24µg (88.91%), Vitamin B3: 9.88mg (49.38%), Vitamin B12: 2.27µg (37.81%), Vitamin K: 30.3µg (28.86%), Vitamin C: 17.91mg (21.7%), Vitamin E: 3.23mg (21.54%), Vitamin B6: 0.38mg (18.98%), Phosphorus: 161.59mg (16.16%), Iron: 2.38mg (13.24%), Potassium: 421.55mg (12.04%), Vitamin A: 494.14IU (9.88%), Folate: 37.39µg (9.35%), Magnesium: 37.2mg (9.3%), Fiber: 2.3g (9.18%), Vitamin B2: 0.15mg (8.7%), Vitamin D: 1.09µg (7.24%), Manganese: 0.14mg (6.78%), Calcium: 67.67mg (6.77%), Zinc: 0.99mg (6.62%), Copper: 0.13mg (6.62%), Vitamin B1: 0.07mg (4.35%), Vitamin B5: 0.39mg (3.85%)