



Pan Bagnat

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



291 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 fillet anchovy
- ☐ 14 ounce artichoke hearts drained chopped canned
- ☐ 3 2 inch baguettes
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 10 ounce tuna packed in olive oil, undrained canned
- ☐ 2 teaspoons capers rinsed drained
- ☐ 0.3 teaspoon dijon mustard
- ☐ 2 tablespoons olive oil extra virgin

- ☐ 0.5 fennel bulb very thinly sliced
- ☐ 1 teaspoon thyme leaves fresh minced
- ☐ 0.5 small garlic clove minced
- ☐ 2 hard-cooked eggs sliced
- ☐ 0.5 cup kalamata olives pitted
- ☐ 1 large optional: lemon divided juiced halved
- ☐ 2 plum tomatoes sliced

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ plastic wrap

Directions

- ☐ Combine first 6 ingredients and 1 teaspoon lemon juice in a food processor; pulse until coarsely pureed.
- ☐ Add olive oil, and pulse to combine.
- ☐ Combine tuna and artichoke hearts in a medium bowl. Stir in ground black pepper and remaining lemon juice; toss well.
- ☐ Cut baguettes in half lengthwise; tear out about two-thirds of the soft interior. (Reserve removed bread for another use.) Divide tuna mixture, olive mixture, tomato slices, egg slices, and fennel evenly among baguettes.
- ☐ Sprinkle with coarse black pepper, if desired.
- ☐ Wrap sandwiches in plastic wrap, and place on a baking sheet. Cover with a second baking sheet, and weigh down with canned goods or other heavy items. Chill 4 hours, turning once.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:79.81, Glycemic Load:8.1, Inflammation Score:-8, Nutrition Score:18.933912961379%

Flavonoids

Eriodictyol: 6.08mg, Eriodictyol: 6.08mg, Eriodictyol: 6.08mg, Eriodictyol: 6.08mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg, Quercetin: 2.29mg

Nutrients (% of daily need)

Calories: 291.31kcal (14.57%), Fat: 13.79g (21.21%), Saturated Fat: 2.47g (15.46%), Carbohydrates: 20.83g (6.94%), Net Carbohydrates: 16.13g (5.86%), Sugar: 4.74g (5.27%), Cholesterol: 119.96mg (39.99%), Sodium: 992.18mg (43.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.92g (41.84%), Selenium: 60.62µg (86.6%), Vitamin B3: 8.71mg (43.55%), Vitamin B12: 2.11µg (35.19%), Vitamin C: 23.03mg (27.91%), Vitamin K: 26.56µg (25.29%), Phosphorus: 191.68mg (19.17%), Fiber: 4.7g (18.81%), Vitamin B6: 0.35mg (17.68%), Vitamin E: 2.6mg (17.34%), Vitamin B2: 0.28mg (16.65%), Iron: 2.96mg (16.42%), Folate: 52.29µg (13.07%), Vitamin B1: 0.19mg (12.52%), Potassium: 435.16mg (12.43%), Manganese: 0.25mg (12.39%), Vitamin A: 567.16IU (11.34%), Magnesium: 38.89mg (9.72%), Vitamin D: 1.4µg (9.34%), Calcium: 86.69mg (8.67%), Zinc: 1.08mg (7.2%), Copper: 0.14mg (7.17%), Vitamin B5: 0.7mg (7.02%)