

## Pan Bagnat



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



341 kcal

SIDE DISH

## Ingredients

- ☐ 0.3 cup olives black such as niçoise or kalamata, pitted and coarsely chopped
- ☐ 2 tablespoons capers drained chopped
- ☐ 4 large crusty rolls split
- ☐ 1 slices fennel bulb halved very thin
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 6 tablespoons olive oil

- ☐ 1 teaspoon salt
- ☐ 1 large tomatoes chopped
- ☐ 4 teaspoons red-wine vinegar

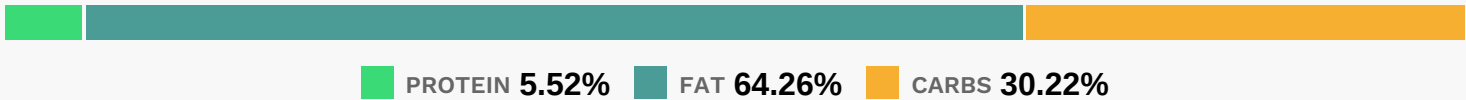
## Equipment

- ☐ bowl
- ☐ aluminum foil

## Directions

- ☐ In a large glass or stainless-steel bowl, combine the fennel, chickpeas, olives, capers, parsley, garlic, and tomato.
- ☐ Add the vinegar, oil, salt, and pepper and toss.
- ☐ Remove some of the soft center from each half roll, leaving a 1/2-inch shell. Mound the filling onto the bottom of each roll.
- ☐ Drizzle any remaining juices over the filling. Cover with the top of each roll.
- ☐ If you have time, wrap each roll tightly in aluminum foil and let sit for 15 minutes or up to 2 hours. Otherwise, press down on the rolls firmly so that the dressing moistens the bread.
- ☐ Variations:: Other delicious ingredients to add to the sandwich include strips of raw green bell pepper or roasted red bell pepper, sliced hard-cooked egg, a small can of drained tuna, a few chopped anchovy fillets, or a handful of fresh basil leaves.
- ☐ Wine Recommendation: Not only are ros wines a perfect match for sandwiches, they're also delightful with foods highlighting the flavors of southern France. Try one from the region of Provence.

## Nutrition Facts



## Properties

Glycemic Index:44.25, Glycemic Load:1.01, Inflammation Score:-7, Nutrition Score:14.18565218345%

## Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 5.37mg, Kaempferol: 5.37mg, Kaempferol: 5.37mg, Kaempferol: 5.37mg Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg, Myricetin: 0.81mg Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg

Nutrients (% of daily need)

Calories: 341.1kcal (17.05%), Fat: 24.79g (38.13%), Saturated Fat: 3.59g (22.44%), Carbohydrates: 26.23g (8.74%), Net Carbohydrates: 22.92g (8.34%), Sugar: 2.31g (2.57%), Cholesterol: 0mg (0%), Sodium: 1131.81mg (49.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.79g (9.58%), Vitamin K: 114.03µg (108.6%), Vitamin E: 4.03mg (26.85%), Vitamin C: 15.92mg (19.3%), Manganese: 0.38mg (18.86%), Selenium: 12.42µg (17.74%), Vitamin A: 879.84IU (17.6%), Folate: 70.19µg (17.55%), Vitamin B1: 0.25mg (16.86%), Fiber: 3.31g (13.23%), Vitamin B3: 2.4mg (12.02%), Iron: 2.05mg (11.38%), Vitamin B2: 0.16mg (9.23%), Potassium: 287.87mg (8.22%), Calcium: 71.47mg (7.15%), Copper: 0.14mg (7%), Phosphorus: 63.41mg (6.34%), Magnesium: 22.98mg (5.74%), Vitamin B6: 0.08mg (4.1%), Zinc: 0.59mg (3.95%), Vitamin B5: 0.32mg (3.15%)