



Pan Bagnat (Niçoise Salad Sandwiches)

 Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



319 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 15 ounce albacore tuna steaks fresh
- ☐ 0.5 cup arugula leaves
- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 24 inch bread baguette french halved lengthwise
- ☐ 2 large eggs
- ☐ 1 cup fennel bulb thinly sliced ()
- ☐ 5 kalamata olives pitted coarsely chopped
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 24 pickled dilly green beans quick
- ☐ 0.3 teaspoon salt
- ☐ 8 slices tomatoes (1/4-inch-thick)

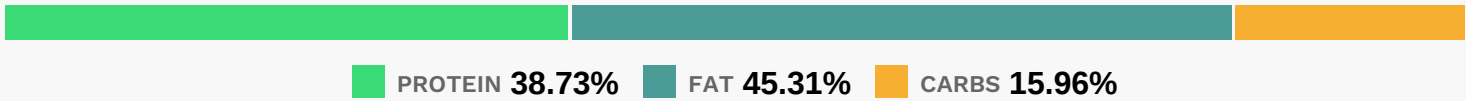
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ grill pan

Directions

- ☐ Place eggs in a small saucepan. Cover with water to 1 inch above eggs; bring just to a rolling boil.
- ☐ Remove from heat; cover and let stand 15 minutes.
- ☐ Drain and rinse with cold running water until cool. Peel and slice eggs, and set aside.
- ☐ Heat a large cast-iron grill pan over medium-high heat.
- ☐ Sprinkle fish with salt and 1/4 teaspoon pepper. Coat pan with cooking spray.
- ☐ Add fish to pan; cook 3 minutes on each side or until desired degree of doneness.
- ☐ Cut tuna steaks across the grain into thin slices.
- ☐ Hollow out top and bottom halves of bread, leaving a 1/3-inch-thick shell; reserve torn bread for another use. Arrange 6 Quick Pickled Dilly Green Beans on each of 4 bottom bread halves. Arrange tuna evenly over green beans. Top with 2 tomato slices. Arrange the fennel over tomato. Divide olives among each of 4 top halves of bread; drizzle each top half of bread with 1 1/2 teaspoons oil. Divide arugula and sliced eggs evenly among top halves of bread, and sprinkle remaining black pepper evenly over eggs.
- ☐ Place the top halves of bread on bottom halves; cut each sandwich in half.

Nutrition Facts



Properties

Glycemic Index:56.88, Glycemic Load:7.11, Inflammation Score:-9, Nutrition Score:27.430000056391%

Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 318.82kcal (15.94%), Fat: 15.9g (24.47%), Saturated Fat: 3.31g (20.68%), Carbohydrates: 12.6g (4.2%), Net Carbohydrates: 10.49g (3.82%), Sugar: 3.23g (3.58%), Cholesterol: 133.4mg (44.47%), Sodium: 421.14mg (18.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.58g (61.16%), Vitamin B12: 10.25µg (170.79%), Selenium: 51.05µg (72.93%), Vitamin A: 3015.79IU (60.32%), Vitamin B3: 10.44mg (52.18%), Vitamin D: 6.56µg (43.73%), Phosphorus: 361.26mg (36.13%), Vitamin B6: 0.6mg (30%), Vitamin B2: 0.47mg (27.43%), Vitamin B1: 0.4mg (26.6%), Vitamin K: 25.52µg (24.31%), Vitamin E: 2.99mg (19.91%), Magnesium: 72.83mg (18.21%), Vitamin B5: 1.67mg (16.69%), Potassium: 564.23mg (16.12%), Iron: 2.85mg (15.82%), Vitamin C: 11.58mg (14.04%), Manganese: 0.25mg (12.31%), Folate: 49.21µg (12.3%), Copper: 0.19mg (9.51%), Zinc: 1.27mg (8.48%), Fiber: 2.11g (8.42%), Calcium: 54.53mg (5.45%)