



Pann Bagnat

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 anchovies finely chopped
- ☐ 1 baguette sliced
- ☐ 2 teaspoon capers
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 8 kalamata olives pitted coarsely chopped
- ☐ 4 lettuce leaves
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 0.3 cup onion red chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 8 slices tomatoes
- ☐ 12 ounces tuna in water light canned chunk drained

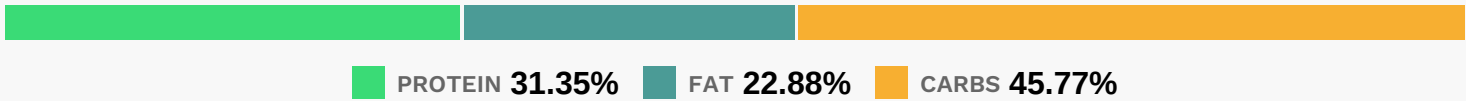
Equipment

- ☐ bowl

Directions

- ☐ Combine tuna, olives, onion, anchovies, mustard, parsley, capers, vinegar and oil in a bowl, using a fork to break up chunks of tuna. Divide tomato and lettuce among 4 bottom pieces of baguette; top each of the slices with 1/4 of the tuna mixture. Cover sandwiches with remaining pieces of bread; serve.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:50.19, Glycemic Load:21.42, Inflammation Score:-9, Nutrition Score:23.42304347909%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 307.49kcal (15.37%), Fat: 7.71g (11.87%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 34.72g (11.57%), Net Carbohydrates: 31.7g (11.53%), Sugar: 5.18g (5.75%), Cholesterol: 31.82mg (10.61%), Sodium: 820.63mg (35.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.78g (47.56%), Selenium: 71.97µg (102.82%), Vitamin B3: 12.06mg (60.32%), Vitamin A: 2398.84IU (47.98%), Vitamin B12: 2.2µg (36.64%), Vitamin B1: 0.46mg (30.39%), Manganese: 0.49mg (24.56%), Vitamin K: 25.33µg (24.12%), Iron: 4.31mg (23.97%), Folate: 92.09µg (23.02%), Vitamin B6: 0.43mg (21.4%), Phosphorus: 211.89mg (21.19%), Vitamin B2: 0.32mg (18.84%), Vitamin C: 13.9mg

(16.85%), Magnesium: 52.3mg (13.08%), Potassium: 447.5mg (12.79%), Fiber: 3.02g (12.09%), Vitamin E: 1.69mg (11.27%), Calcium: 111.36mg (11.14%), Copper: 0.18mg (8.88%), Zinc: 1.31mg (8.76%), Vitamin D: 1.02µg (6.8%), Vitamin B5: 0.46mg (4.64%)