



## Parisian Tuna Sandwiches

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



593 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 fillet to 8 anchovy drained
- 1 cup artichoke hearts jarred drained sliced well
- 1 medium bunch arugula
- 3 large eggs
- 0.5 cup kalamata olives pitted chopped
- 4 servings kosher salt and pepper freshly ground
- 12 ounce oil-packed tuna canned
- 0.3 cup olive oil extra-virgin plus more for drizzling

- 4 medium radishes thinly sliced
- 0.3 small onion red thinly sliced
- 3 tablespoons red wine vinegar
- 4 rolls italian soft halved
- 1 large tomatoes thinly sliced

## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- plastic wrap

## Directions

- Place the eggs in a saucepan; cover with water. Bring to a boil and cook for 8 to 10 minutes.
- Drain and cool in a bowl of cold water.
- Meanwhile, combine the vinegar, 1/2 teaspoon salt, and pepper to taste in a medium bowl.
- Whisk in the olive oil.
- Put the rolls cut-side up on a work surface and lightly drizzle with a quarter of the dressing.
- Place the arugula on the roll bottoms. Top with the sliced tomato, onion and artichokes. Season with salt and drizzle with another quarter of the dressing.
- Drain the tuna, but leave lightly coated with oil. Toss the tuna in the remaining dressing, then divide among the sandwiches. Peel and thinly slice the hard-boiled eggs and layer the slices over the tuna. Top with the anchovy fillets, if desired, then the olives and radishes. Cover with the roll tops, pressing gently but firmly. Wrap the sandwiches in plastic wrap and place a skillet on top to weigh them down; set aside for at least 15 minutes so the bread absorbs the flavors.
- Photograph by Antonis Achilleos

## Nutrition Facts



■ PROTEIN 25.97% ■ FAT 45.12% ■ CARBS 28.91%

## Properties

Glycemic Index:42.5, Glycemic Load:23.59, Inflammation Score:-7, Nutrition Score:25.612609013267%

## Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

## Nutrients (% of daily need)

Calories: 593.15kcal (29.66%), Fat: 29.15g (44.84%), Saturated Fat: 4.75g (29.7%), Carbohydrates: 42.03g (14.01%), Net Carbohydrates: 37.65g (13.69%), Sugar: 7.14g (7.94%), Cholesterol: 157.21mg (52.4%), Sodium: 1661.83mg (72.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.74g (75.49%), Selenium: 77.94µg (111.34%), Iron: 13.16mg (73.12%), Vitamin B3: 11.62mg (58.11%), Vitamin K: 49.58µg (47.21%), Vitamin D: 6.45µg (42.99%), Phosphorus: 372.21mg (37.22%), Vitamin B12: 2.23µg (37.16%), Vitamin E: 3.99mg (26.6%), Vitamin A: 1042.34IU (20.85%), Vitamin B2: 0.31mg (18.31%), Fiber: 4.39g (17.54%), Vitamin C: 14.06mg (17.04%), Potassium: 431.41mg (12.33%), Vitamin B6: 0.24mg (11.94%), Magnesium: 44.07mg (11.02%), Folate: 42.51µg (10.63%), Vitamin B5: 1.01mg (10.09%), Zinc: 1.49mg (9.93%), Copper: 0.16mg (8.16%), Manganese: 0.14mg (6.87%), Calcium: 64.9mg (6.49%), Vitamin B1: 0.08mg (5.48%)