



Rachael's Tuna Pan Bagnat

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 six to eight-ounce tuna steak
- 1 can artichoke hearts in water drained coarsely chopped
- 1 bay leaf
- 0.5 cup olives black
- 3 tablespoons capers drained
- 0.3 cup flat parsley chopped
- 1 baguette french
- 1 juice of lemon (See Cook's Note)

- 2 tablespoons olive oil extra-virgin
- 4 servings coarse pepper black
- 0.3 onion red chopped
- 5 peppercorns whole

Equipment

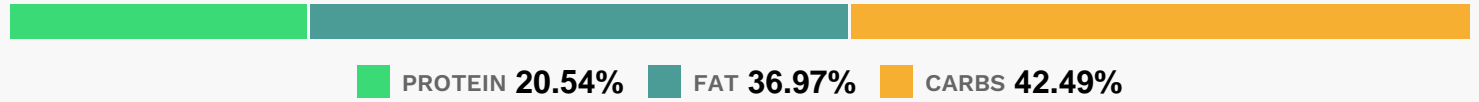
- bowl
- frying pan
- oven
- knife
- cutting board

Directions

- Crisp baguette in hot oven, then cool to handle.
- Cut baguette in half lengthwise, on an angle, then split each half lengthwise.
- Put about 1 inch of water, the bay leaf, peppercorns, and juice of 1/2 the lemon into a small skillet and bring to a simmer over medium heat.
- Add the tuna steak, cover, and simmer until cooked through, about 4 minutes.
- Remove tuna from the water and allow to cool.
- Place tuna in a bowl and separate with a fork.
- Add capers, red onion, artichokes.
- For olives, if they're pitted, coarsely chop them. If the olives have pits, place an olive or 2 on your cutting board. Turn your knife sideways and place the flat of the blade on top of the olives -- just like peeling garlic -- whack the heel of your hand on knife and the pits of the olives will be exposed.
- Remove pits and chop.
- Add olives and parsley to tuna mixture. Squeeze the juice of half a lemon into the bowl. Squeeze lemon halves holding cut side upright, allowing juice to spill over sides. The seeds will stay with the lemon half, rather than falling into your salad.

- Add black pepper to the bowl and drizzle salad liberally with evoo, extra virgin olive oil. Toss tuna salad and adjust pepper and evoo to your taste. Pack the tuna salad on to baguette halves and set tops in place. Press down to set the bread and salad together. The bread will absorb the evoo and salad juices -- YUMMY!
- Cut each half baguette in half again, making 4 sandwiches, total.

Nutrition Facts



Properties

Glycemic Index:48.69, Glycemic Load:20.83, Inflammation Score:-8, Nutrition Score:20.479130268097%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 7.98mg, Kaempferol: 7.98mg, Kaempferol: 7.98mg, Kaempferol: 7.98mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 11.79mg, Quercetin: 11.79mg, Quercetin: 11.79mg, Quercetin: 11.79mg

Nutrients (% of daily need)

Calories: 331.04kcal (16.55%), Fat: 13.49g (20.75%), Saturated Fat: 2.21g (13.82%), Carbohydrates: 34.87g (11.62%), Net Carbohydrates: 31.56g (11.48%), Sugar: 4.02g (4.47%), Cholesterol: 16.15mg (5.38%), Sodium: 1056.39mg (45.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.86g (33.72%), Vitamin B12: 4.01µg (66.8%), Vitamin K: 69.7µg (66.38%), Selenium: 26.54µg (37.92%), Vitamin B3: 6.66mg (33.31%), Vitamin B1: 0.48mg (31.95%), Vitamin A: 1321.64IU (26.43%), Folate: 78.2µg (19.55%), Vitamin B2: 0.32mg (19.06%), Manganese: 0.35mg (17.38%), Phosphorus: 173.75mg (17.38%), Iron: 3.1mg (17.21%), Vitamin D: 2.42µg (16.15%), Vitamin E: 2.35mg (15.69%), Vitamin B6: 0.28mg (14.06%), Fiber: 3.31g (13.25%), Magnesium: 44.76mg (11.19%), Vitamin C: 8.67mg (10.51%), Calcium: 88.68mg (8.87%), Copper: 0.17mg (8.37%), Vitamin B5: 0.73mg (7.26%), Potassium: 235.82mg (6.74%), Zinc: 0.83mg (5.56%)