



 **58%**
HEALTH SCORE

Salade Niçoise Sandwich

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 fillet to 3 anchovy
- 1 baguette
- 0.3 teaspoon pepper black
- 12 ounce tuna drained canned
- 1 cup cherry tomatoes halved
- 1 pound green beans trimmed
- 2 tablespoons olive oil extra-virgin
- 0.5 cup olives pitted

- 0.3 onion red thinly sliced into half-moons
- 1 teaspoon red wine vinegar

Equipment

- bowl
- pot

Directions

- Bring a large pot of salted water to a boil.
- Add the green beans and cook until bright green and tender, 3 to 5 minutes.
- Drain and transfer to a bowl of ice water.
- Drain again and return to bowl. Meanwhile, place the anchovies in a small bowl and smash them with a fork.
- Add the vinegar and 2 tablespoons of the oil.
- Drizzle the anchovy mixture over the green beans and toss; set aside. In a separate bowl, combine the tuna, tomatoes, olives, onion, pepper, and the remaining oil. Halve the baguette lengthwise, then cut it crosswise into 4 portions. Toast the baguette, if desired. Spoon some of the tuna mixture onto the bottom of each baguette portion. Sandwich with the top half and press gently but firmly.
- Serve with the green beans. Tip: If you don't like anchovies, try a large pinch of kosher salt instead.

Nutrition Facts



Properties

Glycemic Index:44.19, Glycemic Load:23.01, Inflammation Score:-8, Nutrition Score:27.120434802511%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg

Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg, Quercetin: 4.75mg

Nutrients (% of daily need)

Calories: 372.55kcal (18.63%), Fat: 12.49g (19.21%), Saturated Fat: 1.93g (12.07%), Carbohydrates: 40.9g (13.63%), Net Carbohydrates: 35.56g (12.93%), Sugar: 7.94g (8.82%), Cholesterol: 31.82mg (10.61%), Sodium: 849.28mg (36.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.19g (50.38%), Selenium: 70.2µg (100.29%), Vitamin B3: 12.63mg (63.17%), Vitamin K: 56.53µg (53.84%), Vitamin B12: 2.2µg (36.64%), Vitamin B1: 0.5mg (33.57%), Manganese: 0.62mg (30.85%), Iron: 5.22mg (28.98%), Folate: 114.55µg (28.64%), Vitamin C: 22.84mg (27.69%), Vitamin B6: 0.54mg (27.16%), Vitamin B2: 0.4mg (23.82%), Phosphorus: 235.86mg (23.59%), Vitamin A: 1081.22IU (21.62%), Fiber: 5.34g (21.36%), Vitamin E: 2.8mg (18.67%), Magnesium: 71.14mg (17.79%), Potassium: 574.66mg (16.42%), Calcium: 140.98mg (14.1%), Copper: 0.25mg (12.58%), Zinc: 1.43mg (9.56%), Vitamin B5: 0.69mg (6.92%), Vitamin D: 1.02µg (6.8%)