



Tuna and Artichoke Cooler-Pressed Sandwiches

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 18.5 inch crusty baguette sliced lengthwise thin
- ☐ 6 basil whole
- ☐ 1 juice of lemon
- ☐ 4 servings salt and pepper freshly ground to taste
- ☐ 6 ounce marinated artichoke undrained
- ☐ 7 ounce tuna mixed light italian with 1 tablespoon olive oil) chunk undrained drained in oil canned

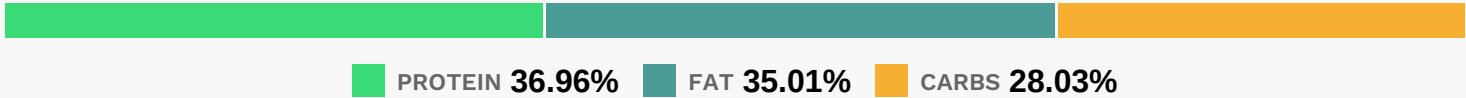
Equipment

- ☐ bowl
- ☐ aluminum foil

Directions

- ☐ In a medium bowl, combine the first four ingredients.
- ☐ Fill the baguette with the mixture, scatter the basil leaves on top.
- ☐ Close the baguette and wrap it tightly in waxed paper, then in aluminum foil.
- ☐ Place the sandwich at the bottom of the cooler so the weight of the other contents compresses the sandwich and allows the juices to soak into the bread.

Nutrition Facts



Properties

Glycemic Index:35.44, Glycemic Load:3.88, Inflammation Score:-5, Nutrition Score:8.5395652574042%

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 Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 123.64kcal (6.18%), Fat: 4.64g (7.13%), Saturated Fat: 0.6g (3.77%), Carbohydrates: 8.35g (2.78%), Net Carbohydrates: 7.22g (2.63%), Sugar: 1.17g (1.3%), Cholesterol: 17.86mg (5.95%), Sodium: 536.73mg (23.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.01g (22.02%), Selenium: 35.67µg (50.95%), Vitamin B3: 5.47mg (27.34%), Vitamin B12: 1.27µg (21.25%), Vitamin C: 11.94mg (14.47%), Vitamin A: 485.62IU (9.71%), Vitamin B6: 0.18mg (8.77%), Iron: 1.57mg (8.7%), Phosphorus: 80.06mg (8.01%), Vitamin B1: 0.09mg (5.68%), Vitamin B2: 0.08mg (4.7%), Fiber: 1.13g (4.52%), Folate: 16.46µg (4.12%), Vitamin D: 0.6µg (3.97%), Magnesium: 15.3mg (3.83%), Manganese: 0.07mg (3.61%), Potassium: 111.42mg (3.18%), Calcium: 31.4mg (3.14%), Zinc: 0.43mg (2.86%), Vitamin K: 2.94µg (2.8%), Copper: 0.04mg (2.08%), Vitamin E: 0.21mg (1.43%), Vitamin B5: 0.13mg (1.29%)