



Tuna Gribiche Crostini



Vegetarian



Dairy Free



Very Healthy

READY IN



15 min.

SERVINGS



8

CALORIES



1992 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 baguette toasted
- ☐ 1 pinch pepper black freshly ground
- ☐ 2 tablespoons capers drained chopped
- ☐ 1 teaspoon dijon mustard
- ☐ 3 tablespoons dill pickles finely chopped
- ☐ 2 tablespoons flat-leaf parsley leaves fresh minced
- ☐ 2 hard-cooked eggs peeled chopped
- ☐ 1 tablespoon olive oil

- ☐ 10 ounce solid-pack tuna flaked drained canned
- ☐ 2 tablespoons citrus champagne vinegar

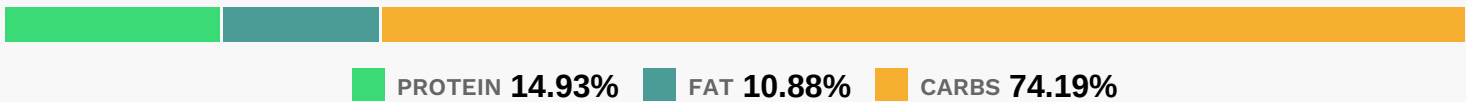
Equipment

- ☐ bowl

Directions

- ☐ Combine first 4 ingredients in a medium bowl.
- ☐ Add chopped eggs, cornichons, capers, and parsley, and stir well to combine.
- ☐ Add tuna; toss gently to blend. (The tuna should remain a bit chunky, not become finely flaked.) Spoon onto toasted baguette slices.

Nutrition Facts



Properties

Glycemic Index:20.97, Glycemic Load:247.55, Inflammation Score:-10, Nutrition Score:58.203478196393%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg, Kaempferol: 2.64mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 1992kcal (99.6%), Fat: 23.72g (36.49%), Saturated Fat: 4.79g (29.96%), Carbohydrates: 364.08g (121.36%), Net Carbohydrates: 347.12g (126.23%), Sugar: 36.58g (40.65%), Cholesterol: 46.63mg (15.54%), Sodium: 4760.23mg (206.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.27g (146.54%), Vitamin B1: 4.39mg (292.45%), Folate: 814.72µg (203.68%), Selenium: 133.23µg (190.33%), Manganese: 3.55mg (177.39%), Vitamin B3: 34.22mg (171.12%), Iron: 26.66mg (148.12%), Vitamin B2: 2.5mg (146.95%), Vitamin A: 5677.71IU (113.55%), Calcium: 808.83mg (80.88%), Phosphorus: 749.06mg (74.91%), Fiber: 16.96g (67.84%), Magnesium: 206.42mg (51.61%), Copper: 0.96mg (47.92%), Vitamin K: 47.11µg (44.87%), Zinc: 6.14mg (40.97%), Vitamin B6: 0.82mg (40.93%), Vitamin B5: 3.16mg (31.61%), Potassium: 1033.88mg (29.54%), Vitamin E: 2.97mg (19.77%), Vitamin C: 3.04mg (3.69%), Vitamin B12: 0.14µg (2.31%), Vitamin D: 0.28µg (1.83%)