



Tuna Niçoise Sandwiches with Olive Mayonnaise

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



648 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon anchovy paste
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 2 hard-cooked eggs chopped
- ☐ 0.3 cup kalamata olives pitted finely chopped
- ☐ 0.5 cup mayonnaise
- ☐ 2 tablespoons olive oil
- ☐ 8 slices potato bread farls

- ☐ 0.3 cup onion red chopped
- ☐ 12 ounce solid tuna white flaked drained canned
- ☐ 1 cup spinach leaves loosely packed
- ☐ 8 slices tomatoes
- ☐ 2 teaspoons citrus champagne vinegar

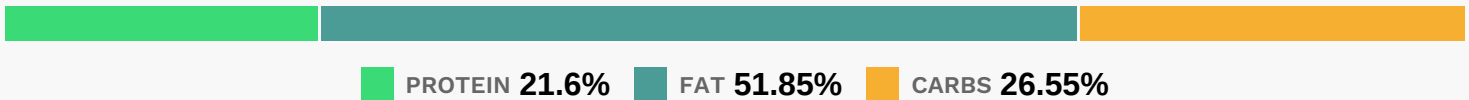
Equipment

- ☐ bowl

Directions

- ☐ Combine first 3 ingredients in a small bowl.
- ☐ Combine tuna and next 5 ingredients in a medium bowl; set aside.
- ☐ Spread mayonnaise mixture on one side of each bread slice. Divide arugula evenly among 4 bread slices; top with tomato slices.
- ☐ Spread tuna mixture evenly over tomato slices; top with remaining 4 bread slices.

Nutrition Facts



Properties

Glycemic Index:44.75, Glycemic Load:0.9, Inflammation Score:-8, Nutrition Score:28.250000041464%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg 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: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 648.37kcal (32.42%), Fat: 37.21g (57.24%), Saturated Fat: 5.95g (37.17%), Carbohydrates: 42.86g (14.29%), Net Carbohydrates: 36.37g (13.22%), Sugar: 10.05g (11.17%), Cholesterol: 141.37mg (47.12%), Sodium: 1005.5mg (43.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.88g (69.77%), Selenium: 72.73µg (103.91%), Vitamin K: 98.78µg (94.08%), Phosphorus: 558.37mg (55.84%), Folate: 142.36µg (35.59%), Vitamin B3: 6.53mg

(32.66%), Potassium: 1023.85mg (29.25%), Vitamin A: 1426.31IU (28.53%), Vitamin E: 4.09mg (27.25%), Fiber: 6.49g (25.96%), Vitamin B6: 0.48mg (24.1%), Vitamin B12: 1.44µg (23.93%), Manganese: 0.41mg (20.38%), Calcium: 203.39mg (20.34%), Iron: 3.55mg (19.71%), Magnesium: 68.64mg (17.16%), Vitamin B2: 0.29mg (16.99%), Vitamin D: 2.4µg (16.01%), Vitamin B1: 0.21mg (14.22%), Zinc: 2.07mg (13.78%), Vitamin B5: 1.25mg (12.51%), Vitamin C: 10.26mg (12.43%), Copper: 0.18mg (9.03%)