



## Tuna Pan Bagnat

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



255 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 ounce bread baguette whole-wheat french
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 1 garlic clove halved
- ☐ 1 large hard-cooked egg chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 teaspoons olive oil extra-virgin

- ☐ 2 tablespoons niçoise olives pitted chopped
- ☐ 1 cup plum tomatoes thinly sliced ( 1)
- ☐ 0.3 cup onion red finely chopped
- ☐ 6 ounce premium tuna packed in oil, drained canned

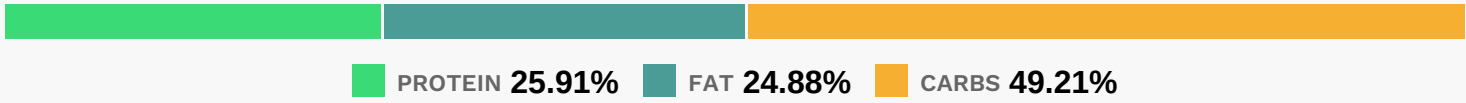
## Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap

## Directions

- ☐ Combine first 7 ingredients in a medium bowl.
- ☐ Combine basil and oil; stir with a whisk.
- ☐ Cut bread in half horizontally. Hollow out top and bottom halves of bread, leaving a 1-inch-thick shell; reserve torn bread for another use. Rub cut sides of garlic clove over cut sides of bread; discard garlic.
- ☐ Drizzle basil mixture evenly over cut sides of bread. Spoon tuna mixture on bottom half of baguette. Arrange tomato slices over tuna mixture. Cover with top half of baguette. Wrap filled baguette in plastic wrap, and let stand for 20 minutes.
- ☐ Cut filled baguette into 4 (3-inch) equal portions.

## Nutrition Facts



## Properties

Glycemic Index:63.92, Glycemic Load:15.45, Inflammation Score:-7, Nutrition Score:17.171304142993%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.14mg, Kaempferol: 0.14mg,

Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 255.06kcal (12.75%), Fat: 7.06g (10.87%), Saturated Fat: 1.28g (8.02%), Carbohydrates: 31.43g (10.48%), Net Carbohydrates: 28.01g (10.19%), Sugar: 5.64g (6.27%), Cholesterol: 61.93mg (20.64%), Sodium: 588.34mg (25.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.55g (33.1%), Selenium: 49.23µg (70.34%), Manganese: 0.82mg (40.92%), Vitamin B3: 7.8mg (38.98%), Vitamin B12: 1.23µg (20.53%), Vitamin B1: 0.29mg (19.06%), Iron: 3.2mg (17.75%), Phosphorus: 173.61mg (17.36%), Folate: 68.73µg (17.18%), Vitamin B2: 0.26mg (15.28%), Vitamin B6: 0.29mg (14.62%), Vitamin K: 15.33µg (14.6%), Fiber: 3.42g (13.68%), Vitamin A: 679.16IU (13.58%), Vitamin C: 11.16mg (13.53%), Magnesium: 44.15mg (11.04%), Calcium: 100.74mg (10.07%), Potassium: 344.87mg (9.85%), Copper: 0.16mg (8.06%), Vitamin B5: 0.79mg (7.87%), Vitamin E: 1.16mg (7.73%), Zinc: 1.15mg (7.67%), Vitamin D: 0.79µg (5.24%)