



10-minute tuna-bean toasts



Dairy Free

READY IN



10 min.

SERVINGS



12

CALORIES



208 kcal

Ingredients

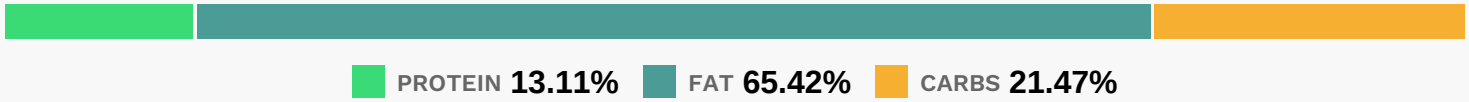
- ☐ 1 slices up bread french thin (depending on how many you want to make in one go)
- ☐ 410 g .5 can cannellini beans drained and rinsed canned
- ☐ 150 g tuna in olive oil drained canned
- ☐ 1 handful parsley leaves roughly chopped
- ☐ 1 tomatoes sliced (depending on how many you're making)
- ☐ 1 small onion red finely sliced
- ☐ 12 servings olive oil for drizzling

Equipment

Directions

- ☐ Toast as many slices of French bread as you need. Meanwhile, lightly mash the beans.
- ☐ Pour 2 tbsp of tuna oil over the beans, then flake in the tuna. Gently mix in the parsley, and season to taste.
- ☐ When the toast is ready, drizzle it with a bit of the tuna oil. Top the toast with a slice of tomato and top the tomato with a spoonful of bean mix. Scatter over the sliced onion. (Any extra bean mix will keep in the fridge for up to 2 days.)
- ☐ Drizzle the toasts with a little more oil (use olive oil if you run out of tuna oil) and serve.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:4.17, Inflammation Score:-3, Nutrition Score:7.0491304397583%

Flavonoids

Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

Nutrients (% of daily need)

Calories: 207.6kcal (10.38%), Fat: 15.29g (23.52%), Saturated Fat: 2.18g (13.65%), Carbohydrates: 11.29g (3.76%), Net Carbohydrates: 9.24g (3.36%), Sugar: 1.01g (1.12%), Cholesterol: 2.25mg (0.75%), Sodium: 87.16mg (3.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.89g (13.79%), Vitamin K: 21.27µg (20.26%), Selenium: 11.62µg (16.6%), Vitamin E: 2.47mg (16.44%), Manganese: 0.23mg (11.49%), Vitamin B3: 1.92mg (9.61%), Iron: 1.55mg (8.61%), Folate: 33.18µg (8.29%), Fiber: 2.05g (8.19%), Phosphorus: 80.88mg (8.09%), Potassium: 226.89mg (6.48%), Magnesium: 25.22mg (6.3%), Vitamin D: 0.84µg (5.58%), Vitamin B1: 0.08mg (5.58%), Copper: 0.11mg (5.32%), Vitamin B12: 0.28µg (4.58%), Zinc: 0.59mg (3.91%), Calcium: 33.07mg (3.31%), Vitamin B2: 0.06mg (3.24%), Vitamin B6: 0.06mg (3.23%), Vitamin C: 2.53mg (3.06%), Vitamin A: 123.27IU (2.47%), Vitamin B5: 0.15mg (1.49%)