



Altuna Melt

READY IN



45 min.

SERVINGS



2

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounce albacore tuna in water flaked drained canned
- 0.5 cup artichoke hearts canned drained finely chopped
- 0.1 teaspoon pepper black
- 2 muffins split english toasted
- 0.3 cup green onions sliced
- 0.1 teaspoon ground pepper red
- 1 tablespoon juice of lemon fresh
- 1 teaspoon olive oil
- 0.5 teaspoon oregano dried

1.5 ounces provolone cheese grated

Equipment

bowl

baking sheet

broiler

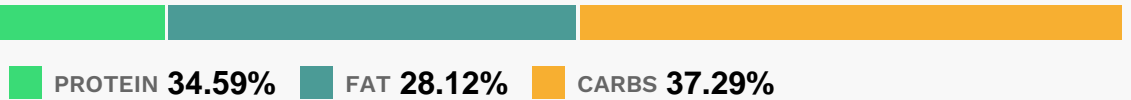
Directions

Preheat broiler.

Combine first 8 ingredients in a medium bowl. Divide evenly among muffin halves; sprinkle with cheese.

Place on a baking sheet; broil 5 inches from heat for 4 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:101.5, Glycemic Load:18.86, Inflammation Score:-7, Nutrition Score:16.94782619891%

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 Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 373.33kcal (18.67%), Fat: 11.3g (17.38%), Saturated Fat: 4.75g (29.71%), Carbohydrates: 33.7g (11.23%), Net Carbohydrates: 29.5g (10.73%), Sugar: 1.65g (1.84%), Cholesterol: 50.39mg (16.8%), Sodium: 1230.3mg (53.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.27g (62.53%), Selenium: 59.08µg (84.4%), Phosphorus: 372.35mg (37.24%), Vitamin K: 33.09µg (31.51%), Vitamin B3: 5.97mg (29.83%), Vitamin B12: 1.33µg (22.14%), Calcium: 220.48mg (22.05%), Fiber: 4.2g (16.81%), Manganese: 0.29mg (14.3%), Magnesium: 50.69mg (12.67%), Vitamin B2: 0.21mg (12.27%), Vitamin B6: 0.24mg (12.22%), Vitamin D: 1.81µg (12.05%), Zinc: 1.56mg (10.43%), Iron: 1.85mg (10.28%), Potassium: 358.3mg (10.24%), Folate: 35.76µg (8.94%), Vitamin E: 1.27mg (8.46%), Vitamin B1: 0.12mg (8.27%), Vitamin A: 390.39IU (7.81%), Vitamin C: 5.42mg (6.57%), Copper: 0.13mg (6.45%), Vitamin B5: 0.49mg (4.86%)