



Apple-Kraut Tuna Sandwich

 Dairy Free or type unknown

READY IN

ready

15 min.

SERVINGS

servings

2

CALORIES

calories

241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apples finely chopped
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.3 cup sauerkraut
- ☐ 6 ounce tuna in water drained canned
- ☐ 4 slices bread whole wheat toasted

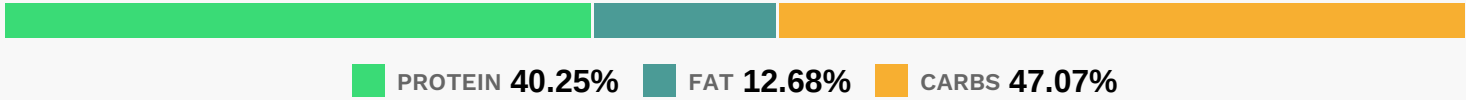
Equipment

- ☐ bowl

Directions

- ☐ Mix tuna, sauerkraut, apple, Dijon mustard, and red wine vinegar in a bowl.
- ☐ Serve on toasted wheat bread.

Nutrition Facts



Properties

Glycemic Index:82.85, Glycemic Load:15.18, Inflammation Score:-5, Nutrition Score:20.542608665383%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 240.86kcal (12.04%), Fat: 3.35g (5.15%), Saturated Fat: 0.65g (4.05%), Carbohydrates: 27.94g (9.31%), Net Carbohydrates: 23.04g (8.38%), Sugar: 4.62g (5.14%), Cholesterol: 30.62mg (10.21%), Sodium: 721.34mg (31.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.89g (47.78%), Selenium: 77.32µg (110.45%), Manganese: 1.31mg (65.5%), Vitamin B3: 11.04mg (55.21%), Vitamin B12: 2.19µg (36.43%), Phosphorus: 257.31mg (25.73%), Vitamin B6: 0.43mg (21.65%), Fiber: 4.89g (19.58%), Iron: 3.41mg (18.92%), Vitamin B1: 0.28mg (18.61%), Magnesium: 73.27mg (18.32%), Calcium: 122.75mg (12.28%), Zinc: 1.69mg (11.23%), Vitamin B2: 0.18mg (10.62%), Potassium: 362mg (10.34%), Copper: 0.2mg (10.02%), Folate: 32.7µg (8.18%), Vitamin K: 7.41µg (7.06%), Vitamin D: 1.02µg (6.8%), Vitamin B5: 0.58mg (5.81%), Vitamin E: 0.69mg (4.59%), Vitamin C: 3.43mg (4.15%), Vitamin A: 72.44IU (1.45%)