



Bacon, Lettuce, Tomato, and Tuna Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



497 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings basil mayonnaise
- ☐ 4 servings bibb lettuce
- ☐ 1 loaf un bread french
- ☐ 8 slices bacon cooked
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt
- ☐ 2 large tomatoes sliced

☐ 16 ounce tuna fillets

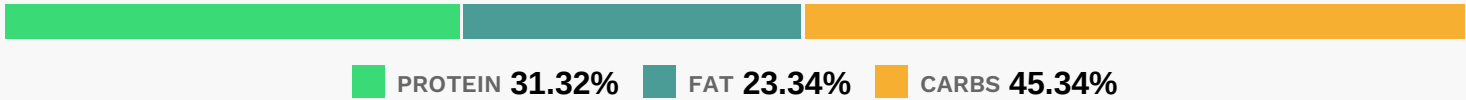
Equipment

☐ grill

Directions

- ☐ Brush tuna fillets with olive oil; sprinkle with salt and pepper.
- ☐ Grill, without grill lid, over medium heat (300 to 350°F)
- ☐ to 12 minutes or until fish flakes with a fork, turning once.
- ☐ Cut bread on the diagonal into 8 3/4-inch slices, reserving remaining bread for other uses. Coat slices with cooking spray. Grill or toast each side until golden.
- ☐ Spread Basil Mayonnaise evenly on one side of each bread slice.
- ☐ Layer 4 bread slices with tuna, lettuce, tomato, and bacon; top with remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:55.13, Glycemic Load:40.97, Inflammation Score:-8, Nutrition Score:29.484347737354%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 497.16kcal (24.86%), Fat: 12.8g (19.7%), Saturated Fat: 3.21g (20.09%), Carbohydrates: 55.96g (18.65%), Net Carbohydrates: 52.59g (19.12%), Sugar: 7.03g (7.81%), Cholesterol: 56.66mg (18.89%), Sodium: 1414.6mg (61.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38.66g (77.32%), Selenium: 113.61µg (162.31%), Vitamin B3: 18.31mg (91.56%), Vitamin B1: 0.87mg (57.91%), Vitamin B12: 3.09µg (51.48%), Folate: 143.3µg (35.82%), Iron: 6.31mg (35.06%), Manganese: 0.69mg (34.71%), Phosphorus: 345.92mg (34.59%), Vitamin B2: 0.58mg (33.93%), Vitamin B6: 0.63mg (31.63%), Vitamin A: 967.89IU (19.36%), Vitamin K: 19.75µg (18.81%), Magnesium: 74.68mg (18.67%), Potassium: 622.13mg (17.78%), Zinc: 2.45mg (16.35%), Vitamin C: 12.86mg (15.59%), Copper: 0.29mg (14.33%), Fiber: 3.37g (13.47%), Vitamin E: 1.67mg (11.11%), Vitamin D: 1.42µg (9.5%), Calcium: 87.93mg (8.79%), Vitamin B5: 0.77mg (7.69%)