



## Cheesy tuna melts

READY IN



10 min.

SERVINGS



2

CALORIES



487 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 200 g tuna canned
- ☐ 0.5 spring onion finely chopped
- ☐ 4 tbsp mayonnaise
- ☐ 3 slices bread thick
- ☐ 50 g cheddar cheese grated
- ☐ 1 pinch paprika generous

## Equipment

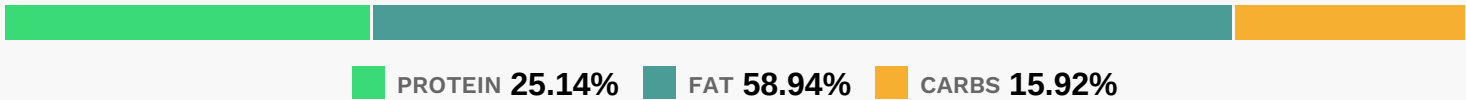
- ☐ bowl

☐ grill

## Directions

- ☐ Preheat the grill on its highest setting.
- ☐ Drain the tuna, flake it into a bowl and mix with the spring onions and mayonnaise. Season with salt and plenty of freshly ground black pepper.
- ☐ Toast the bread under the grill until its nicely browned on both sides, then spread the tuna mixture on top, right up to the edges of the toast. Scatter over the cheese and put back under the grill until the cheese is bubbling.
- ☐ Slice in half, sprinkle with paprika and tuck in.

## Nutrition Facts



## Properties

Glycemic Index:96.85, Glycemic Load:11.15, Inflammation Score:-6, Nutrition Score:23.30782604995%

## Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 487.46kcal (24.37%), Fat: 31.59g (48.6%), Saturated Fat: 8.56g (53.52%), Carbohydrates: 19.2g (6.4%), Net Carbohydrates: 16.58g (6.03%), Sugar: 2.17g (2.41%), Cholesterol: 72.59mg (24.2%), Sodium: 747.27mg (32.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.32g (60.64%), Selenium: 86.37µg (123.38%), Vitamin B3: 11.81mg (59.07%), Vitamin K: 55.31µg (52.68%), Vitamin B12: 2.87µg (47.8%), Manganese: 0.93mg (46.29%), Phosphorus: 347.6mg (34.76%), Calcium: 267.69mg (26.77%), Vitamin B6: 0.43mg (21.65%), Iron: 2.9mg (16.1%), Vitamin B2: 0.27mg (15.9%), Zinc: 2.37mg (15.81%), Magnesium: 63.06mg (15.76%), Vitamin B1: 0.21mg (13.74%), Vitamin E: 1.68mg (11.2%), Fiber: 2.62g (10.46%), Vitamin D: 1.41µg (9.37%), Potassium: 315.19mg (9.01%), Copper: 0.16mg (7.96%), Vitamin A: 381.24IU (7.62%), Folate: 30.21µg (7.55%), Vitamin B5: 0.59mg (5.9%)