

Classic Tuna Salad Sandwiches

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

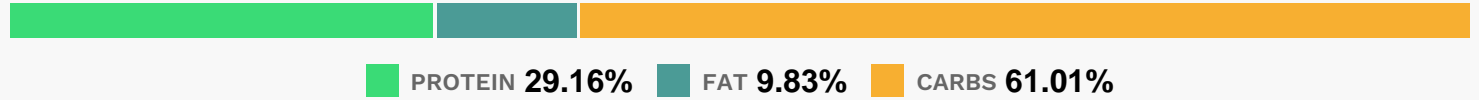
- 8 slices bread
- 0.5 cup celery chopped
- 0.5 cup sandwich spread kraft
- 4 servings lettuce leaves
- 0.3 tsp pepper
- 1 slices tomatoes
- 12 oz tuna in water flaked drained canned

Equipment

Directions

- Mix tuna, sandwich spread, celery and pepper.
- Cover 4 bread slices with lettuce, tuna mixture and tomato; top with remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:53.92, Glycemic Load:24.87, Inflammation Score:-9, Nutrition Score:20.978260859199%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 314.72kcal (15.74%), Fat: 3.39g (5.22%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 47.4g (15.8%), Net Carbohydrates: 44.29g (16.11%), Sugar: 17.38g (19.31%), Cholesterol: 30.62mg (10.21%), Sodium: 477.28mg (20.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.65g (45.31%), Selenium: 74.55µg (106.5%), Vitamin B3: 11.76mg (58.78%), Manganese: 0.8mg (40.18%), Vitamin A: 1940.16IU (38.8%), Vitamin B12: 2.19µg (36.43%), Iron: 3.85mg (21.36%), Phosphorus: 205.88mg (20.59%), Vitamin B1: 0.29mg (19.3%), Vitamin B6: 0.38mg (18.95%), Folate: 68.78µg (17.2%), Vitamin B2: 0.26mg (15.58%), Fiber: 3.1g (12.41%), Magnesium: 49.11mg (12.28%), Calcium: 105.83mg (10.58%), Vitamin C: 8.21mg (9.95%), Potassium: 347.25mg (9.92%), Zinc: 1.24mg (8.25%), Copper: 0.16mg (8.09%), Vitamin K: 7.35µg (7%), Vitamin D: 1.02µg (6.8%), Vitamin B5: 0.63mg (6.29%), Vitamin E: 0.56mg (3.76%)