



Creamy Homestyle Tuna Melts

READY IN



16 min.

SERVINGS



16

CALORIES



108 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp butter softened
- 10 oz tuna flaked drained canned
- 0.3 cup celery finely chopped
- 4 oz philadelphia cream cheese softened ()
- 6 singles kraft
- 0.3 cup onions finely chopped
- 12 slices bread whole wheat

Equipment

frying pan

Directions

Combine first 4 ingredients. Fill bread slices with tuna salad and Singles to make 6 sandwiches.

Spread outsides of sandwiches with butter.

Cook in skillet on medium heat 3 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:9.73, Glycemic Load:5.59, Inflammation Score:-3, Nutrition Score:6.001739155987%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 108.45kcal (5.42%), Fat: 4.77g (7.34%), Saturated Fat: 1.92g (12.01%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 8.47g (3.08%), Sugar: 1.34g (1.49%), Cholesterol: 13.6mg (4.53%), Sodium: 178.29mg (7.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.05%), Selenium: 18.06µg (25.8%), Manganese: 0.46mg (22.87%), Vitamin B3: 2.7mg (13.51%), Phosphorus: 81.35mg (8.13%), Vitamin B12: 0.47µg (7.88%), Vitamin B1: 0.09mg (6.05%), Vitamin B6: 0.11mg (5.52%), Magnesium: 21.36mg (5.34%), Fiber: 1.33g (5.31%), Calcium: 48.7mg (4.87%), Iron: 0.85mg (4.72%), Vitamin B2: 0.07mg (4.06%), Vitamin A: 183.77IU (3.68%), Zinc: 0.54mg (3.58%), Copper: 0.06mg (2.94%), Potassium: 102.41mg (2.93%), Folate: 11.23µg (2.81%), Vitamin K: 2.29µg (2.19%), Vitamin B5: 0.22mg (2.19%), Vitamin E: 0.29mg (1.95%), Vitamin D: 0.21µg (1.42%)