



## Crunchy Garden Tuna Melts

READY IN



15 min.

SERVINGS



15

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 Tbsp avocado oil mayonnaise kraft
- 0.5 tsp basil leaves dried
- 0.3 cup pasilla peppers green chopped
- 4 milk singles 2% kraft
- 0.3 cup onions chopped
- 5 oz tuna in water white flaked drained canned
- 8 slices bread whole wheat

### Equipment

frying pan

## Directions

Combine first 5 ingredients.

Fill bread slices with tuna salad and 2% Milk Singles to make 4 sandwiches.

Cook in large nonstick skillet on medium heat 3 min. on each side or until Singles are melted and sandwiches are golden brown on both sides.

## Nutrition Facts



## Properties

Glycemic Index:8.11, Glycemic Load:3.92, Inflammation Score:-1, Nutrition Score:3.8134782366131%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg 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: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Nutrients (% of daily need)

Calories: 72.99kcal (3.65%), Fat: 3.43g (5.28%), Saturated Fat: 0.46g (2.88%), Carbohydrates: 6.84g (2.28%), Net Carbohydrates: 5.84g (2.12%), Sugar: 0.85g (0.94%), Cholesterol: 3.42mg (1.14%), Sodium: 88.24mg (3.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.7g (7.4%), Manganese: 0.33mg (16.59%), Selenium: 10.28µg (14.69%), Vitamin B3: 1.62mg (8.08%), Phosphorus: 46.25mg (4.62%), Vitamin B1: 0.06mg (4.27%), Vitamin B12: 0.24µg (4.07%), Fiber: 1g (4%), Magnesium: 14.55mg (3.64%), Vitamin B6: 0.07mg (3.6%), Iron: 0.6mg (3.31%), Calcium: 28.27mg (2.83%), Vitamin C: 2.19mg (2.66%), Zinc: 0.34mg (2.25%), Copper: 0.04mg (2.1%), Vitamin K: 2.18µg (2.08%), Vitamin B2: 0.04mg (2.06%), Folate: 7.56µg (1.89%), Potassium: 63.8mg (1.82%), Vitamin B5: 0.12mg (1.24%)