



Crunchy Tuna Salad Sandwich

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

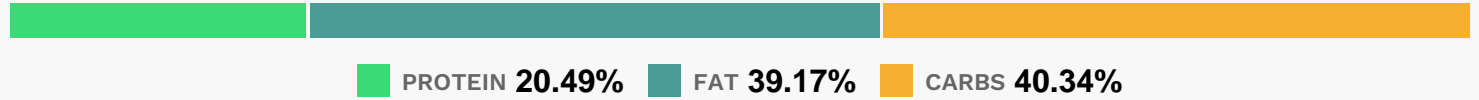
- 6 oz tuna flaked drained canned
- 0.5 cup celery chopped
- 0.3 cup real mayo mayonnaise kraft
- 1 dash pepper
- 0.3 cup claussen pickle relish sweet
- 8 slices bread whole wheat toasted

Equipment

Directions

- Mix tuna, celery, mayo, pickle relish and pepper until well blended.
- Cover 4 of the toast slices evenly with the tuna mixture; top with the remaining toast slices.

Nutrition Facts



Properties

Glycemic Index:18.37, Glycemic Load:5.83, Inflammation Score:-2, Nutrition Score:6.6065217619357%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 118.98kcal (5.95%), Fat: 5.18g (7.97%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 12.01g (4%), Net Carbohydrates: 10.51g (3.82%), Sugar: 2.87g (3.19%), Cholesterol: 8.48mg (2.83%), Sodium: 227.33mg (9.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.2%), Selenium: 17.46µg (24.94%), Manganese: 0.49mg (24.46%), Vitamin K: 17.54µg (16.7%), Vitamin B3: 2.71mg (13.55%), Phosphorus: 74.05mg (7.41%), Vitamin B12: 0.44µg (7.4%), Vitamin B1: 0.09mg (6.29%), Fiber: 1.49g (5.98%), Magnesium: 22.1mg (5.52%), Vitamin B6: 0.11mg (5.4%), Iron: 0.93mg (5.19%), Calcium: 42.27mg (4.23%), Zinc: 0.53mg (3.53%), Vitamin B2: 0.06mg (3.36%), Copper: 0.07mg (3.35%), Folate: 12.25µg (3.06%), Potassium: 101.85mg (2.91%), Vitamin E: 0.41mg (2.73%), Vitamin A: 111.34IU (2.23%), Vitamin B5: 0.2mg (2.01%), Vitamin D: 0.22µg (1.44%)