



Curried Tuna-Apple Sandwiches

 Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



98 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 ounce albacore tuna drained canned
- 1 rib celery chopped
- 0.5 teaspoon curry powder
- 0.1 teaspoon garlic powder
- 1 small apples i use 2 granny smith apples chopped
- 1 tablespoon juice of lemon
- 0.3 cup mayonnaise light
- 6 slices grain bread whole

2 tablespoons onion diced

0.3 cup raisins

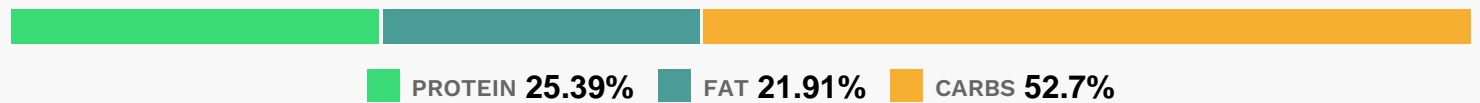
Equipment

Directions

Stir together first 4 ingredients. Stir in tuna and next 4 ingredients.

Spread mixture on whole grain bread.

Nutrition Facts



Properties

Glycemic Index:22.95, Glycemic Load:6.46, Inflammation Score:-2, Nutrition Score:5.1995652590109%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 97.84kcal (4.89%), Fat: 2.41g (3.71%), Saturated Fat: 0.47g (2.91%), Carbohydrates: 13.04g (4.35%), Net Carbohydrates: 11.35g (4.13%), Sugar: 2.62g (2.91%), Cholesterol: 8.04mg (2.68%), Sodium: 187.45mg (8.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.56%), Selenium: 15.72µg (22.45%), Manganese: 0.38mg (19.24%), Vitamin B3: 1.79mg (8.96%), Phosphorus: 78.95mg (7.9%), Fiber: 1.69g (6.76%), Magnesium: 21.08mg (5.27%), Vitamin B1: 0.08mg (5.05%), Vitamin K: 5.21µg (4.96%), Vitamin B6: 0.09mg (4.56%), Iron: 0.75mg (4.18%), Potassium: 136.61mg (3.9%), Vitamin B12: 0.2µg (3.32%), Calcium: 33.11mg (3.31%), Copper: 0.06mg (3.14%), Vitamin B2: 0.05mg (2.76%), Vitamin E: 0.41mg (2.73%), Zinc: 0.4mg (2.69%), Vitamin D: 0.34µg (2.27%), Folate: 9.06µg (2.27%), Vitamin C: 1.62mg (1.97%), Vitamin B5: 0.16mg (1.55%)