

David Rosengarten

Dean & DeLuca's Tuna Sandwich with Carrots, Red Onion, and Parsley

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons carrots finely chopped
- ☐ 6 tablespoons celery finely chopped
- ☐ 6 tablespoons parsley fresh chopped
- ☐ 1 small garlic clove crushed peeled
- ☐ 3 tablespoons juice of lemon
- ☐ 1 tablespoon onion red finely chopped
- ☐ 1 peanut butter cups your favorite

- ☐ 6 servings salt and pepper to taste
- ☐ 3 spring onion finely chopped
- ☐ 6 portugese rolls
- ☐ 6 servings tomatoes
- ☐ 4 water-packed tuna white chunk drained canned

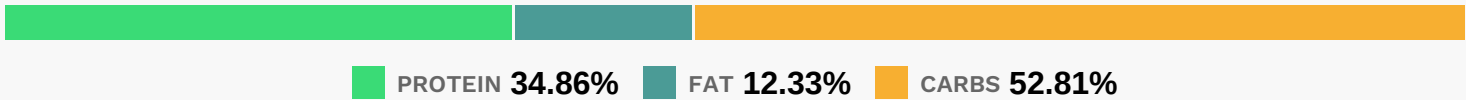
Equipment

- ☐ bowl

Directions

- ☐ Put the tuna in a large bowl. Mash.
- ☐ Add the carrots, onion, parsley, celery, and scallions.
- ☐ Place the mayonnaise in a small bowl.
- ☐ Add the crushed garlic clove and the lemon juice.
- ☐ Add the mayonnaise mixture to the tuna.
- ☐ Mix together.
- ☐ Add salt and pepper to taste.
- ☐ Serve on rolls with lettuce and tomato.
- ☐ The Dean and DeLuca Cookbook by David Rosengarten with Joel Dean and Giorgio DeLuca.
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Nutrition Facts



Properties

Glycemic Index:51.81, Glycemic Load:25.52, Inflammation Score:-10, Nutrition Score:30.711738938871%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Apigenin: 8.85mg, Apigenin: 8.85mg, Apigenin: 8.85mg, Apigenin: 8.85mg Luteolin: 0.14mg,

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 335.92kcal (16.8%), Fat: 4.61g (7.09%), Saturated Fat: 0.63g (3.92%), Carbohydrates: 44.39g (14.8%), Net Carbohydrates: 40.16g (14.6%), Sugar: 11.66g (12.95%), Cholesterol: 40.97mg (13.66%), Sodium: 773.8mg (33.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.3g (58.6%), Selenium: 77.05µg (110.08%), Vitamin K: 96.86µg (92.25%), Vitamin A: 4504.72IU (90.09%), Iron: 13.48mg (74.89%), Vitamin B3: 12.71mg (63.54%), Vitamin B12: 2.92µg (48.67%), Vitamin C: 35.43mg (42.95%), Vitamin B6: 0.56mg (27.75%), Phosphorus: 216.59mg (21.66%), Potassium: 755.51mg (21.59%), Fiber: 4.22g (16.9%), Manganese: 0.28mg (14.22%), Magnesium: 54.25mg (13.56%), Folate: 50.43µg (12.61%), Vitamin E: 1.55mg (10.31%), Copper: 0.19mg (9.57%), Vitamin B2: 0.15mg (9.08%), Vitamin D: 1.36µg (9.07%), Vitamin B1: 0.13mg (8.47%), Zinc: 1.22mg (8.1%), Calcium: 66.85mg (6.68%), Vitamin B5: 0.44mg (4.41%)