



Egg-and-Tuna Salad Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups alfalfa sprouts
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons dijon mustard
- ☐ 4 large hard-cooked eggs chopped
- ☐ 5 large lettuce leaves red
- ☐ 3 tablespoons mayonnaise light
- ☐ 2 tablespoons onion red minced
- ☐ 1.3 inch tomatoes

- ☐ 6 ounce tuna in water light chunk drained canned
- ☐ 1 ounce bread whole wheat

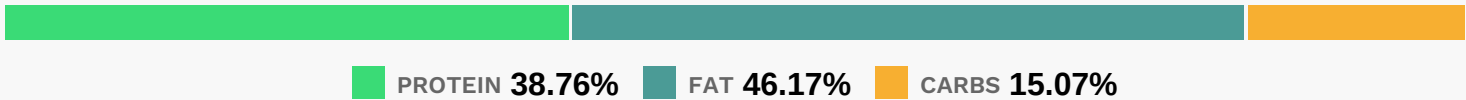
Equipment

- ☐ bowl

Directions

- ☐ Combine first 6 ingredients in a medium bowl.
- ☐ Spread 1/2 cup egg mixture over each of 5 bread slices. Top each with 1 lettuce leaf, 1 tomato slice, 1/4 cup alfalfa sprouts, and 1 bread slice.
- ☐ carbo rating: 30

Nutrition Facts



Properties

Glycemic Index:39.74, Glycemic Load:1.6, Inflammation Score:-7, Nutrition Score:12.492608713067%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg, Quercetin: 2.25mg

Nutrients (% of daily need)

Calories: 136.99kcal (6.85%), Fat: 6.94g (10.68%), Saturated Fat: 1.74g (10.9%), Carbohydrates: 5.1g (1.7%), Net Carbohydrates: 4.06g (1.48%), Sugar: 1.37g (1.52%), Cholesterol: 162.79mg (54.26%), Sodium: 290.06mg (12.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.1g (26.21%), Selenium: 39.44µg (56.34%), Vitamin A: 1530.59IU (30.61%), Vitamin K: 31.94µg (30.42%), Vitamin B12: 1.32µg (21.97%), Vitamin B3: 3.79mg (18.95%), Vitamin B2: 0.27mg (15.97%), Phosphorus: 147.33mg (14.73%), Manganese: 0.24mg (12.25%), Vitamin B6: 0.2mg (9.98%), Iron: 1.61mg (8.94%), Vitamin D: 1.29µg (8.59%), Folate: 32.08µg (8.02%), Vitamin B5: 0.75mg (7.51%), Magnesium: 24.32mg (6.08%), Zinc: 0.91mg (6.06%), Vitamin B1: 0.09mg (6.02%), Vitamin E: 0.79mg (5.29%), Potassium: 184.36mg (5.27%), Calcium: 49.77mg (4.98%), Fiber: 1.03g (4.14%), Copper: 0.06mg (3.13%), Vitamin C: 1.71mg (2.08%)