



Fruity Tuna-Salad Pita Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



203 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 ounce ahi tuna steak
- 1.3 cups boston lettuce
- 0.3 cup celery diced
- 1 teaspoon dijon mustard
- 2 tablespoons spring onion minced
- 1 hardboiled eggs
- 1 teaspoon juice of lemon
- 3 tablespoons mayonnaise reduced-fat

- 1 Dash pepper black
- 8 ounce dole pineapple tidbits unsweetened drained canned
- 2 5-inch wholewheat pita breads whole-wheat cut in half ()
- 0.3 cup raisins
- 8 slices tomatoes (1/4-inch-thick)

Equipment

- bowl
- grill
- broiler

Directions

- Slice egg in half lengthwise, and remove yolk; reserve egg yolk for another use. Dice egg white halves; set aside.
- Prepare grill or broiler.
- Sprinkle the lemon juice and pepper over tuna.
- Place the tuna on a grill or broiler rack coated with cooking spray; cook 4 minutes on each side until tuna is medium-rare or desired degree of doneness. Coarsely chop tuna.
- Combine tuna, diced egg white, celery, and the next 5 ingredients (celery through pineapple) in a bowl. Line each pita half with 1/3 cup lettuce and 2 tomato slices. Divide the tuna mixture evenly among pita halves.

Nutrition Facts



PROTEIN 31.37% **FAT 29.34%** **CARBS 39.29%**

Properties

Glycemic Index:80.45, Glycemic Load:4.71, Inflammation Score:-9, Nutrition Score:19.525652118351%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin:

0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 203.06kcal (10.15%), Fat: 6.76g (10.4%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 20.37g (6.79%), Net Carbohydrates: 17.93g (6.52%), Sugar: 10.38g (11.53%), Cholesterol: 69.85mg (23.28%), Sodium: 153.06mg (6.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.26g (32.52%), Vitamin B12: 5.49µg (91.42%), Vitamin A: 2399.61IU (47.99%), Selenium: 25.67µg (36.67%), Vitamin K: 35.51µg (33.82%), Vitamin B3: 5.61mg (28.07%), Vitamin D: 3.51µg (23.38%), Phosphorus: 200.92mg (20.09%), Vitamin B6: 0.4mg (19.9%), Vitamin C: 15.08mg (18.28%), Vitamin B1: 0.25mg (16.68%), Vitamin B2: 0.26mg (15.47%), Potassium: 503.39mg (14.38%), Magnesium: 51.28mg (12.82%), Fiber: 2.44g (9.75%), Copper: 0.18mg (9.1%), Vitamin B5: 0.88mg (8.81%), Folate: 35.08µg (8.77%), Iron: 1.58mg (8.75%), Vitamin E: 1.3mg (8.66%), Manganese: 0.15mg (7.52%), Zinc: 0.71mg (4.73%), Calcium: 40.35mg (4.03%)