



Garden Tuna Melts

READY IN



20 min.

SERVINGS



20

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices bread
- 0.5 tsp basil leaves dried
- 0.3 cup pasilla peppers green chopped
- 4 singles kraft
- 7 Tbsp real mayo mayonnaise divided kraft
- 0.3 cup onions chopped
- 0.5 tsp oregano leaves dried
- 5 oz tuna in water white flaked drained canned

Equipment

frying pan

Directions

- Mix tuna, 3 Tbsp. mayo, onions, peppers and seasonings.
- Fill bread slices with tuna mixture and Singles to make 4 sandwiches.
- Spread outside of sandwiches with remaining mayo.
- Cook in skillet on medium heat 3 min. on each side or until lightly browned on both sides.

Nutrition Facts



PROTEIN 15.07% **FAT 52.97%** **CARBS 31.96%**

Properties

Glycemic Index:7.53, Glycemic Load:2.92, Inflammation Score:-1, Nutrition Score:3.0160869567291%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 71.58kcal (3.58%), Fat: 4.2g (6.46%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 5.15g (1.87%), Sugar: 0.81g (0.91%), Cholesterol: 4.61mg (1.54%), Sodium: 101.94mg (4.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.37%), Selenium: 8.15µg (11.65%), Vitamin K: 9.46µg (9.01%), Manganese: 0.15mg (7.29%), Vitamin B3: 1.34mg (6.72%), Vitamin B1: 0.05mg (3.38%), Iron: 0.59mg (3.28%), Vitamin B12: 0.19µg (3.13%), Phosphorus: 28.13mg (2.81%), Folate: 10.83µg (2.71%), Vitamin B2: 0.04mg (2.19%), Fiber: 0.55g (2.19%), Vitamin B6: 0.04mg (2.15%), Vitamin C: 1.67mg (2.02%), Calcium: 19.24mg (1.92%), Magnesium: 7.03mg (1.76%), Vitamin E: 0.22mg (1.48%), Zinc: 0.19mg (1.23%), Copper: 0.02mg (1.2%), Vitamin B5: 0.12mg (1.16%), Potassium: 37.37mg (1.07%)