



## Garden Tuna Sandwiches

READY IN



45 min.

SERVINGS



4

CALORIES



142 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup carrots shredded
- 2 tablespoons celery finely chopped
- 16 slices cucumber thin (1 cucumber)
- 0.5 tablespoon dijon mustard
- 0.5 tablespoon optional: dill fresh chopped
- 0.3 teaspoon lemon rind grated
- 4 leaf lettuce leaves green
- 0.3 cup mayonnaise light
- 2 tablespoons onion finely chopped

- 0.1 teaspoon pepper
- 1.5 ounce swiss cheese fat-free halved
- 6 ounce tuna in water drained canned
- 1 ounce bread whole wheat

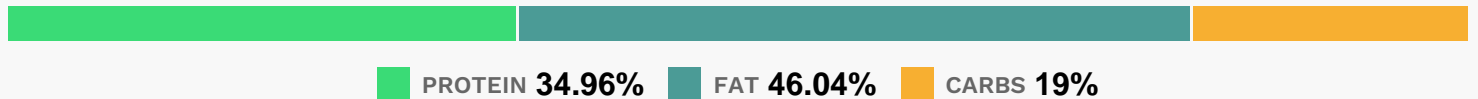
## Equipment

- bowl

## Directions

- Combine first 8 ingredients in a medium bowl, stirring well.
- Spread 1/4 cup tuna mixture on each of 4 slices of bread. Top evenly with cheese slices, carrot, cucumber, and lettuce. Top with remaining bread slices, and cut in half.
- Tip: Eating tuna once or twice a week poses no health risk for healthy adults. However, avoid eating it more frequently because tuna--both canned and fresh--contains high levels of mercury that can cause chronic fatigue and memory loss in adults. Mercury can also harm an unborn child's developing nervous system. If you are pregnant, considering pregnancy, or nursing, it's best to avoid tuna.

## Nutrition Facts



## Properties

Glycemic Index:74.13, Glycemic Load:2.32, Inflammation Score:-8, Nutrition Score:10.839565194171%

## Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

## Nutrients (% of daily need)

Calories: 142.1kcal (7.11%), Fat: 7.2g (11.07%), Saturated Fat: 2.58g (16.13%), Carbohydrates: 6.68g (2.23%), Net Carbohydrates: 5.56g (2.02%), Sugar: 1.88g (2.09%), Cholesterol: 27.44mg (9.15%), Sodium: 290.9mg (12.65%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.3g (24.6%), Selenium: 34.95µg (49.93%), Vitamin A: 1576.83IU (31.54%), Vitamin B12: 1.41µg (23.57%), Vitamin B3: 4.66mg (23.32%), Phosphorus: 149.96mg (15%), Vitamin K: 13.96µg (13.29%), Calcium: 126.06mg (12.61%), Manganese: 0.22mg (11.11%), Vitamin B6: 0.2mg (9.8%), Zinc: 0.98mg (6.5%), Magnesium: 25.47mg (6.37%), Iron: 1.08mg (5.99%), Vitamin B2: 0.1mg (5.68%), Potassium: 191.98mg (5.49%), Fiber: 1.12g (4.47%), Vitamin B1: 0.06mg (4.28%), Vitamin E: 0.63mg (4.21%), Copper: 0.07mg (3.68%), Folate: 14.64µg (3.66%), Vitamin D: 0.51µg (3.4%), Vitamin B5: 0.28mg (2.79%), Vitamin C: 2.17mg (2.62%)