



Gourmet Tuna Salad Sandwich

READY IN



20 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce albacore tuna in water flaked drained canned
- ☐ 0.3 cup blanched slivered almonds
- ☐ 8 slices smooth bread whole wheat 100% soft sara lee®
- ☐ 2 tablespoons capers chopped
- ☐ 1 stalk celery diced
- ☐ 2 green onions chopped
- ☐ 4 leaves lettuce red rinsed
- ☐ 0.5 cup mayonnaise low-fat
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat

- ☐ 0.3 cup pimento–stuffed olives green chopped
- ☐ 1 dash worcestershire sauce

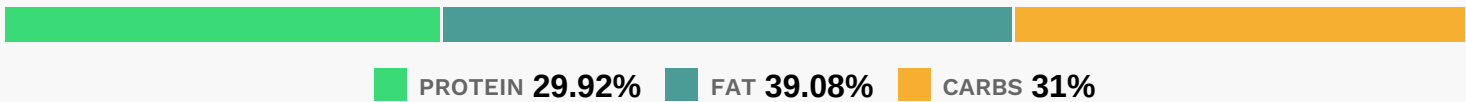
Equipment

- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ In a mixing bowl, combine tuna, green onions, celery, green olives, capers and almonds. In a small bowl, whisk together mayonnaise, sour cream and Worcestershire sauce; mix into tuna.
- ☐ Serve between slices of bread with lettuce.

Nutrition Facts



Properties

Glycemic Index:33.42, Glycemic Load:14.61, Inflammation Score:-9, Nutrition Score:24.925217348596%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 5.36mg, Kaempferol: 5.36mg, Kaempferol: 5.36mg, Kaempferol: 5.36mg Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg, Quercetin: 8.88mg

Nutrients (% of daily need)

Calories: 395.99kcal (19.8%), Fat: 17.19g (26.45%), Saturated Fat: 3.46g (21.6%), Carbohydrates: 30.69g (10.23%), Net Carbohydrates: 25.79g (9.38%), Sugar: 4.25g (4.73%), Cholesterol: 45.23mg (15.08%), Sodium: 1076.25mg (46.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.61g (59.23%), Selenium: 72.17µg (103.1%), Manganese: 1.4mg (69.76%), Vitamin K: 61.86µg (58.91%), Vitamin B3: 7.83mg (39.14%), Phosphorus: 360.42mg (36.04%), Vitamin A: 1503.15IU (30.06%), Vitamin E: 3.73mg (24.85%), Magnesium: 97.89mg (24.47%), Fiber: 4.9g (19.61%), Vitamin B1: 0.27mg (17.71%), Vitamin B12: 1.06µg (17.59%), Vitamin B6: 0.35mg (17.42%), Iron: 2.96mg (16.46%), Calcium: 161.25mg (16.13%), Potassium: 506.7mg (14.48%), Copper: 0.28mg (13.77%), Vitamin B2: 0.23mg (13.28%), Zinc: 1.77mg (11.82%), Vitamin D: 1.73µg (11.53%), Folate: 45.98µg (11.5%), Vitamin B5: 0.58mg (5.84%), Vitamin C: 2.4mg (2.91%)