



Greek-Style Tuna Salad Sandwiches

READY IN



10 min.

SERVINGS



4

CALORIES



467 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz tuna flaked drained canned
- 0.5 cup roasted peppers red drained chopped (from 7-ounce jar)
- 0.5 cup mozzarella cheese shredded crumbled
- 0.5 cup celery chopped
- 1 lb bread french
- 0.3 cup salad dressing italian

Equipment

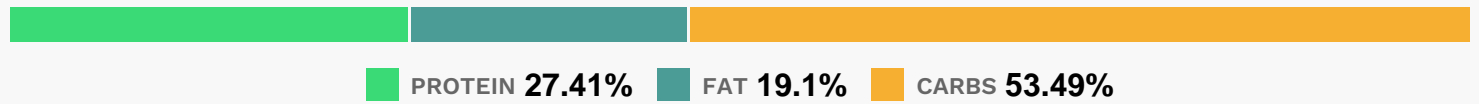
- bowl

plastic wrap

Directions

- In medium bowl, mix tuna, bell peppers, cheese and celery.
- Cut bread into four 4-inch pieces; cut each piece horizontally in half. For each sandwich, remove some of the bread from center of slices; discard bread or save for another use.
- Drizzle dressing on cut sides of bread; spread over bread. Fill each sandwich with 1/2 cup tuna mixture.
- Serve immediately, or wrap securely with plastic wrap and refrigerate up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:34.88, Glycemic Load:45.51, Inflammation Score:-7, Nutrition Score:25.60826092181%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 467.15kcal (23.36%), Fat: 9.85g (15.15%), Saturated Fat: 3.08g (19.24%), Carbohydrates: 62.06g (20.69%), Net Carbohydrates: 59.16g (21.51%), Sugar: 7.14g (7.93%), Cholesterol: 41.68mg (13.89%), Sodium: 1352.21mg (58.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.8g (63.59%), Selenium: 92.87µg (132.67%), Vitamin B3: 14.07mg (70.37%), Vitamin B1: 0.84mg (56.32%), Vitamin B12: 2.5µg (41.75%), Folate: 151.21µg (37.8%), Vitamin B2: 0.61mg (35.65%), Iron: 6.12mg (34%), Manganese: 0.66mg (33.01%), Phosphorus: 293.88mg (29.39%), Vitamin B6: 0.45mg (22.43%), Calcium: 159.11mg (15.91%), Magnesium: 62.7mg (15.67%), Zinc: 2.21mg (14.72%), Vitamin K: 13.21µg (12.58%), Copper: 0.24mg (12.23%), Fiber: 2.91g (11.63%), Vitamin C: 8.59mg (10.41%), Potassium: 363.71mg (10.39%), Vitamin D: 1.08µg (7.18%), Vitamin E: 0.9mg (6.01%), Vitamin A: 296.09IU (5.92%), Vitamin B5: 0.56mg (5.62%)