



Grilled Stuffed Tuna Melts

READY IN



30 min.

SERVINGS



2

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 oz water-packed tuna packed in water, drained canned
- ☐ 2 tablespoons dijon mustard
- ☐ 1 tablespoon dill pickles finely chopped
- ☐ 2 tablespoons bell pepper green finely chopped
- ☐ 4 slices bread
- ☐ 2 tablespoons onion finely chopped
- ☐ 1 oz cheddar cheese shredded

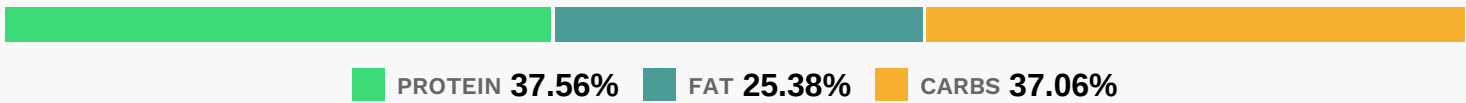
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Heat gas or charcoal grill for indirect grilling as directed in owner's manual.
- ☐ Cut two 12-inch square pieces of heavy-duty foil. In small bowl, mix tuna, onion, bell pepper and pickles. Stir in mustard and cheese.
- ☐ Spoon tuna mixture on 2 bread slices; top with remaining bread slices.
- ☐ Place each sandwich on center of foil piece. Fold foil over sandwich so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion.
- ☐ Place packets over unheated area on grill. Cover and grill 12 to 15 minutes or until sandwiches are heated through.

Nutrition Facts



Properties

Glycemic Index:82.85, Glycemic Load:14.85, Inflammation Score:-6, Nutrition Score:22.127826068712%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

Nutrients (% of daily need)

Calories: 292.51kcal (14.63%), Fat: 8.17g (12.57%), Saturated Fat: 3.38g (21.1%), Carbohydrates: 26.86g (8.95%), Net Carbohydrates: 22.45g (8.16%), Sugar: 3.47g (3.86%), Cholesterol: 44.79mg (14.93%), Sodium: 756.38mg (32.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.21g (54.43%), Selenium: 81.27µg (116.1%), Manganese: 1.3mg (65.17%), Vitamin B3: 11.07mg (55.37%), Vitamin B12: 2.34µg (38.93%), Phosphorus: 322.3mg (32.23%), Vitamin B6: 0.45mg (22.43%), Calcium: 223.48mg (22.35%), Vitamin B1: 0.29mg (19.35%), Magnesium: 76.16mg (19.04%), Iron: 3.18mg (17.69%), Fiber: 4.41g (17.63%), Zinc: 2.2mg (14.67%), Vitamin B2: 0.24mg (14.39%), Potassium: 362.26mg (10.35%), Vitamin C: 8.43mg (10.22%), Copper: 0.2mg (9.76%), Folate: 34.37µg (8.59%), Vitamin D: 1.11µg (7.37%), Vitamin K: 7.07µg (6.74%), Vitamin B5: 0.64mg (6.39%), Vitamin E: 0.79mg (5.25%), Vitamin A: 250.98IU (5.02%)