



Herbed Tuna Salad Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



25 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 muffin whole wheat split english toasted
- 0.3 tsp garlic powder
- 1 romaine leaves
- 1 Tbsp parmesan cheese grated kraft
- 1 Tbsp mayo garlic & herb naturally reduced fat mayonnaise kraft flavored
- 1 slice tomatoes
- 2.6 oz tuna in water white flaked drained

Equipment

Directions

- Mix first 4 ingredients until well blended.
- Fill muffin halves with tuna mixture, lettuce and tomato.

Nutrition Facts



Properties

Glycemic Index:4.3, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:2.2565217536429%

Flavonoids

Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 24.74kcal (1.24%), Fat: 0.65g (0.99%), Saturated Fat: 0.16g (1.01%), Carbohydrates: 2.73g (0.91%), Net Carbohydrates: 2.29g (0.83%), Sugar: 0.61g (0.68%), Cholesterol: 3.31mg (1.1%), Sodium: 58.07mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Selenium: 7.54µg (10.77%), Manganese: 0.12mg (5.75%), Vitamin B3: 0.95mg (4.76%), Vitamin A: 209.98IU (4.2%), Vitamin B12: 0.2µg (3.27%), Phosphorus: 31.22mg (3.12%), Calcium: 22.13mg (2.21%), Vitamin B6: 0.04mg (1.96%), Fiber: 0.45g (1.78%), Iron: 0.3mg (1.67%), Magnesium: 6.61mg (1.65%), Vitamin B1: 0.02mg (1.55%), Zinc: 0.17mg (1.16%), Folate: 4.53µg (1.13%), Vitamin B2: 0.02mg (1.1%), Potassium: 38.28mg (1.09%)