



Hot and Spicy Tuna Melt

 Dairy Free

READY IN



15 min.

SERVINGS



1

CALORIES



330 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 big american cheese kraft
- 1 stalk celery chopped
- 1 onion sandwich roll split
- 0.3 tsp pepper sauce hot
- 1 Tbsp mayo reduced fat mayonnaise light kraft
- 0.3 cup tuna in water white canned flaked drained

Equipment

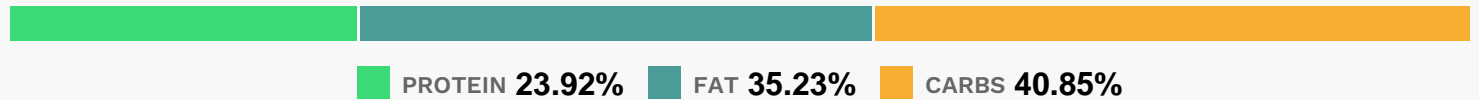
- grill

panini press

Directions

- Heat panini grill sprayed with cooking spray.
- Combine tuna, celery and mayo and hot pepper sauce.
- Fill roll with tuna mixture and cheese.
- Grill 2 to 3 min. or until cheese is melted and outside of sandwich is golden brown.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:0.39, Inflammation Score:-6, Nutrition Score:17.427826166153%

Flavonoids

Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 330.17kcal (16.51%), Fat: 12.79g (19.68%), Saturated Fat: 4.75g (29.71%), Carbohydrates: 33.36g (11.12%), Net Carbohydrates: 31.4g (11.42%), Sugar: 2.53g (2.81%), Cholesterol: 41.72mg (13.91%), Sodium: 952.91mg (41.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.54g (39.08%), Selenium: 61.86µg (88.37%), Vitamin B3: 7.66mg (38.29%), Calcium: 299.78mg (29.98%), Phosphorus: 273.77mg (27.38%), Vitamin B12: 1.63µg (27.24%), Vitamin B1: 0.3mg (20.06%), Vitamin K: 20.26µg (19.29%), Folate: 72.92µg (18.23%), Vitamin B2: 0.31mg (18.03%), Iron: 2.96mg (16.47%), Manganese: 0.32mg (16.17%), Vitamin B6: 0.23mg (11.37%), Zinc: 1.46mg (9.74%), Magnesium: 37.4mg (9.35%), Vitamin A: 419.05IU (8.38%), Potassium: 289.69mg (8.28%), Fiber: 1.95g (7.82%), Copper: 0.14mg (7.21%), Vitamin E: 0.99mg (6.62%), Vitamin B5: 0.5mg (5.02%), Vitamin D: 0.74µg (4.95%), Vitamin C: 2.14mg (2.59%)