



Italian-American Style Tuna Melts

READY IN



20 min.

SERVINGS



4

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon anchovy paste
- ☐ 0.3 cup olives black pitted chopped
- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons butter softened
- ☐ 12 ounces tuna jarred canned flaked drained
- ☐ 2 ribs celery minced
- ☐ 8 ounces fontina shredded thinly sliced
- ☐ 4 top-split new england hot dog rolls
- ☐ 1 juice of lemon juiced

- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 small onion red minced

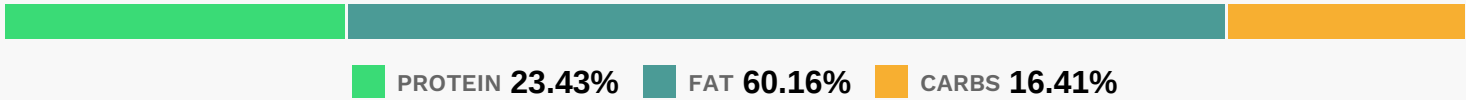
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ broiler

Directions

- ☐ Preheat the broiler.
- ☐ In a large bowl, combine the anchovy paste with extra-virgin olive oil.
- ☐ Add the olives, onions, celery, tuna, lemon juice and pepper, to taste, and toss to combine. Lightly butter each side of the rolls, and toast on each side under the broiler. Fill the rolls with the tuna salad and top with cheese. Arrange on a sheet pan and broil until the cheese melts.
- ☐ Transfer to serving plates and serve.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:13.35, Inflammation Score:-7, Nutrition Score:22.675217276034%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg, Quercetin: 2.9mg

Nutrients (% of daily need)

Calories: 610.79kcal (30.54%), Fat: 40.78g (62.73%), Saturated Fat: 17.12g (106.99%), Carbohydrates: 25.03g (8.34%), Net Carbohydrates: 23.38g (8.5%), Sugar: 5.06g (5.63%), Cholesterol: 112.71mg (37.57%), Sodium:

1098.4mg (47.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.73g (71.46%), Selenium: 78.77µg (112.53%), Vitamin B12: 3.25µg (54.14%), Vitamin B3: 10.71mg (53.54%), Calcium: 410.09mg (41.01%), Phosphorus: 370.96mg (37.1%), Vitamin E: 3.1mg (20.64%), Vitamin B2: 0.34mg (19.79%), Zinc: 2.96mg (19.71%), Vitamin B6: 0.39mg (19.35%), Vitamin B1: 0.28mg (18.93%), Iron: 3.28mg (18.23%), Vitamin K: 18.68µg (17.79%), Vitamin A: 866.33IU (17.33%), Manganese: 0.31mg (15.63%), Folate: 58.74µg (14.69%), Magnesium: 43.57mg (10.89%), Potassium: 332.47mg (9.5%), Vitamin D: 1.39µg (9.24%), Fiber: 1.64g (6.58%), Copper: 0.13mg (6.57%), Vitamin C: 5.09mg (6.17%), Vitamin B5: 0.47mg (4.7%)