



## Italian Tuna Melts

READY IN



12 min.

SERVINGS



6

CALORIES



417 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 14 oz bread french italian
- ☐ 0.3 cup kalamata black pitted chopped
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 6 servings salt and pepper
- ☐ 4 ounces mozzarella cheese shredded
- ☐ 18 oz solid tuna in water white drained canned

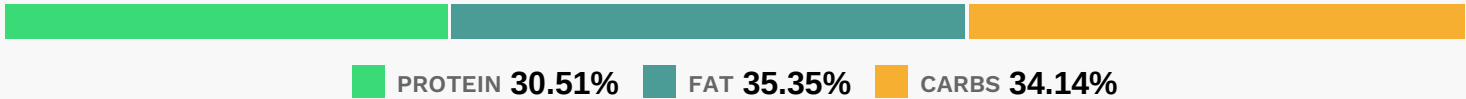
# Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil
- ☐ broiler

# Directions

- ☐ Set oven rack 4 inches from broiler and preheat. Line a rimmed baking sheet with foil. Slice bread loaf into thirds, then slice each third in half lengthwise so you have 6 equal pieces.
- ☐ Flake tuna in a medium bowl. Stir in oil, lemon juice, parsley and olives. Season with salt and pepper.
- ☐ Spread tuna mixture evenly over each piece of bread and sprinkle with cheese.
- ☐ Place on baking sheet and broil until cheese is bubbling, 1 to 2 minutes.
- ☐ Serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:23.25, Glycemic Load:26.58, Inflammation Score:-6, Nutrition Score:19.163478333017%

# Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

# Nutrients (% of daily need)

Calories: 416.59kcal (20.83%), Fat: 16.23g (24.96%), Saturated Fat: 4.59g (28.7%), Carbohydrates: 35.26g (11.75%), Net Carbohydrates: 33.59g (12.21%), Sugar: 3.38g (3.76%), Cholesterol: 50.65mg (16.88%), Sodium: 1119.44mg (48.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.51g (63.03%), Selenium: 78.06µg (111.52%), Vitamin B3: 8.17mg (40.83%), Vitamin B1: 0.48mg (32.32%), Phosphorus: 321.83mg (32.18%), Vitamin B12: 1.43µg (23.77%), Vitamin B2: 0.38mg (22.06%), Folate: 86.32µg (21.58%), Iron: 3.61mg (20.04%), Manganese: 0.37mg (18.52%), Vitamin K: 18.25µg (17.38%), Calcium: 146.01mg (14.6%), Vitamin E: 2.13mg (14.2%), Magnesium: 54.2mg (13.55%), Vitamin B6: 0.27mg (13.32%), Vitamin D: 1.78µg (11.84%), Zinc: 1.66mg (11.07%), Potassium: 303.35mg (8.67%), Copper: 0.14mg (7.21%), Fiber: 1.67g (6.7%), Vitamin A: 223.26IU (4.47%), Vitamin B5: 0.36mg (3.62%), Vitamin C: 2.34mg (2.83%)