



## Lakeside Special: Tuna on Wheat

READY IN



10 min.

SERVINGS



10

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

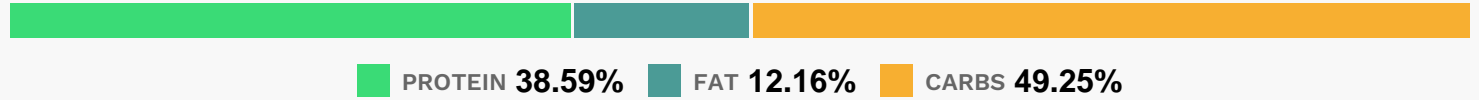
- 1 tsp grey poupon harvest coarse ground mustard
- 1 muffin whole wheat split english toasted
- 1 romaine leaves
- 4 tsp miracle whip dressing light
- 1 slim cut sharp cheddar cheese kraft
- 1 slice tomatoes
- 3 oz tuna in water white flaked drained canned

### Equipment

## Directions

- Mix first 3 ingredients until blended.
- Fill muffin halves with cheese, tuna mixture, lettuce and tomato.

## Nutrition Facts



## Properties

Glycemic Index:9.7, Glycemic Load:0.03, Inflammation Score:-2, Nutrition Score:2.3134782508664%

## 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: 22.46kcal (1.12%), Fat: 0.31g (0.48%), Saturated Fat: 0.07g (0.45%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 2.33g (0.85%), Sugar: 0.77g (0.86%), Cholesterol: 3.34mg (1.11%), Sodium: 62.09mg (2.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.43%), Selenium: 8.28µg (11.82%), Manganese: 0.12mg (5.8%), Vitamin B3: 1.07mg (5.33%), Vitamin A: 208.06IU (4.16%), Vitamin B12: 0.22µg (3.66%), Phosphorus: 30.17mg (3.02%), Vitamin B6: 0.04mg (2.07%), Fiber: 0.5g (1.99%), Calcium: 18.91mg (1.89%), Iron: 0.32mg (1.78%), Magnesium: 6.88mg (1.72%), Vitamin B1: 0.02mg (1.6%), Potassium: 39.8mg (1.14%), Folate: 4.51µg (1.13%), Vitamin B2: 0.02mg (1.1%), Zinc: 0.16mg (1.09%)