



Lemon-Cranberry Tuna Salad Sandwiches

READY IN



19 min.

SERVINGS



4

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 basil leaves
- 8 bibb lettuce leaves
- 0.5 teaspoon pepper black freshly ground
- 1 small cucumber sliced
- 0.3 cup mayonnaise fat-free
- 1 tablespoon optional: dill fresh chopped
- 1 teaspoon juice of lemon fresh
- 0.3 teaspoon lemon rind grated
- 0.3 cup cup heavy whipping cream sour low-fat

- 12 ounce solid tuna in water white drained canned
- 8 ounce kaiser rolls sliced in half horizontally
- 0.3 cup cranberries dried sweetened coarsely chopped

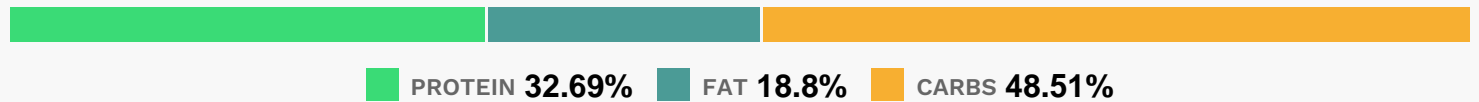
Equipment

- bowl

Directions

- Combine first 7 ingredients in a medium bowl; stir in tuna.
- Place 2 basil leaves on bottom halves of each roll; top basil leaves evenly with tuna mixture. Top each sandwich with cucumber slices, 2 lettuce leaves, and tops of rolls.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:18.46, Inflammation Score:-7, Nutrition Score:16.165217171545%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 316.09kcal (15.8%), Fat: 6.56g (10.09%), Saturated Fat: 1.76g (11.02%), Carbohydrates: 38.06g (12.69%), Net Carbohydrates: 35.74g (13%), Sugar: 11.84g (13.16%), Cholesterol: 42.48mg (14.16%), Sodium: 720.69mg (31.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.3%), Selenium: 56.66µg (80.95%), Iron: 9.91mg (55.05%), Vitamin K: 44.79µg (42.66%), Vitamin B3: 5.12mg (25.59%), Vitamin A: 1137.62IU (22.75%), Phosphorus: 215.55mg (21.55%), Vitamin B12: 1.06µg (17.59%), Vitamin B6: 0.24mg (11.9%), Vitamin D: 1.73µg (11.53%), Potassium: 378.21mg (10.81%), Magnesium: 39.92mg (9.98%), Fiber: 2.32g (9.28%), Manganese: 0.17mg (8.27%), Folate: 31.72µg (7.93%), Vitamin E: 1.01mg (6.73%), Calcium: 58.12mg (5.81%), Vitamin B2: 0.09mg (5.27%), Zinc: 0.64mg (4.24%), Copper: 0.08mg (4.19%), Vitamin C: 3.39mg (4.11%), Vitamin B1: 0.04mg (2.92%), Vitamin B5:

0.27mg (2.69%)