



Mediterranean Tuna Melt

READY IN



15 min.

SERVINGS



12

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon almonds chopped
- ☐ 4 center from 21-oz. multigrain boule
- ☐ 1 tablespoon chives snipped
- ☐ 3 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest
- ☐ 0.5 cup manchego cheese shredded
- ☐ 12 ounce tuna in olive oil spanish drained
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 0.5 cup olives spanish pitted sliced

- ☐ 0.5 cup onion red thinly sliced
- ☐ 0.5 cup roasted peppers red jarred drained thinly sliced

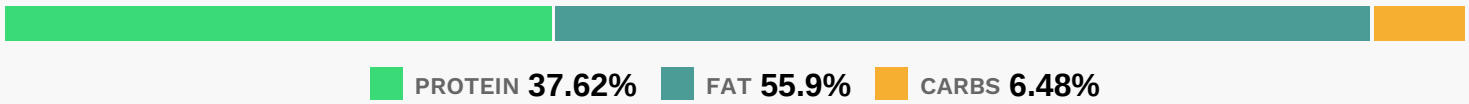
Equipment

- ☐ bowl
- ☐ oven
- ☐ broiler

Directions

- ☐ Place an oven rack 3 inches from heat source; preheat broiler.
- ☐ Brush bread with oil and broil, flipping once, until lightly charred on both sides, 1 to 1 1/2 minutes. Leave broiler on.
- ☐ In a bowl, mix tuna with lemon zest and juice and reserved tuna oil; gently break into large flakes with a fork. Fold in peppers, olives and onion; mound onto toasted bread. Top with cheese. Broil just until melted, about 1 minute.
- ☐ Sprinkle with chives and almonds; serve.

Nutrition Facts



Properties

Glycemic Index:6.83, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:6.1760869648146%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 105.1kcal (5.26%), Fat: 6.49g (9.99%), Saturated Fat: 1.92g (12.03%), Carbohydrates: 1.69g (0.56%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.46g (0.51%), Cholesterol: 10.14mg (3.38%), Sodium: 316.4mg (13.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.83g (19.66%), Selenium: 21.69µg (30.98%), Vitamin B3: 3.6mg (18.02%), Vitamin K: 13.81µg (13.16%), Vitamin D: 1.9µg (12.66%), Vitamin B12: 0.62µg (10.39%), Phosphorus: 95.97mg (9.6%), Calcium: 63.85mg (6.38%), Vitamin C: 5.02mg (6.08%), Vitamin E: 0.85mg (5.67%), Magnesium: 13.32mg (3.33%), Iron: 0.53mg (2.93%), Vitamin B2: 0.05mg (2.85%), Vitamin B6: 0.05mg (2.74%), Potassium: 90.29mg (2.58%), Copper: 0.05mg (2.34%), Vitamin A: 111.5IU (2.23%), Manganese: 0.04mg (2.13%), Zinc: 0.31mg (2.06%), Fiber: 0.51g (2.06%), Folate: 5.19µg (1.3%), Vitamin B1: 0.02mg (1.29%), Vitamin B5: 0.13mg (1.27%)