



Mediterranean Tuna Salad Sandwiches

READY IN



9 min.

SERVINGS



4

CALORIES



224 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounce albacore tuna in water drained canned
- 2 cups baby spinach fresh
- 0.5 teaspoon pepper black freshly ground
- 0.3 cup caesar dressing light (such as Ken's Steak House)
- 1 cup chickpeas canned rinsed drained (garbanzo beans)
- 2 ounces feta cheese with basil and tomato crumbled reduced-fat
- 0.3 cup kalamata olives pitted chopped
- 1 teaspoon juice of lemon fresh
- 0.5 cup plum tomatoes chopped (2 tomatoes)

2 6-inch pitas whole wheat cut in half ()

Equipment

food processor

bowl

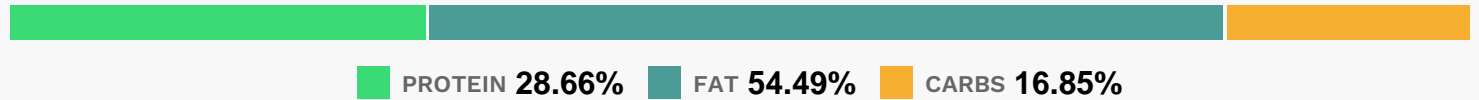
Directions

Place chickpeas in a food processor; pulse 5 times or until chopped.

Combine chopped chickpeas, cheese, and next 6 ingredients in a medium bowl; toss well.

Line each pita half with 1/2 cup spinach, and fill with 2/3 cup tuna salad.

Nutrition Facts



Properties

Glycemic Index:35.58, Glycemic Load:1.9, Inflammation Score:-8, Nutrition Score:15.303913043893%

Flavonoids

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: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 223.71kcal (11.19%), Fat: 13.75g (21.16%), Saturated Fat: 2.92g (18.23%), Carbohydrates: 9.57g (3.19%), Net Carbohydrates: 6.63g (2.41%), Sugar: 1.85g (2.06%), Cholesterol: 31.18mg (10.39%), Sodium: 725.7mg (31.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.27g (32.55%), Vitamin K: 91.81µg (87.43%), Selenium: 29.45µg (42.08%), Vitamin A: 1707.15IU (34.14%), Manganese: 0.56mg (27.9%), Vitamin B6: 0.35mg (17.4%), Phosphorus: 144.05mg (14.4%), Vitamin B3: 2.85mg (14.24%), Vitamin E: 1.85mg (12.34%), Fiber: 2.94g (11.75%), Folate: 45.65µg (11.41%), Vitamin C: 8.84mg (10.71%), Magnesium: 42.28mg (10.57%), Potassium: 326.87mg (9.34%), Iron: 1.64mg (9.13%), Vitamin B12: 0.5µg (8.37%), Copper: 0.13mg (6.64%), Vitamin D: 0.87µg (5.77%), Calcium: 50.81mg (5.08%), Zinc: 0.65mg (4.32%), Vitamin B2: 0.06mg (3.64%), Vitamin B1: 0.04mg (2.98%), Vitamin B5: 0.23mg (2.35%)