



Melt Your Heart Tuna Melt

READY IN



30 min.

SERVINGS



4

CALORIES



749 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce tuna drained canned
- ☐ 8 slices cheddar
- ☐ 0.5 tablespoon basil fresh chopped
- ☐ 0.5 tablespoon cilantro leaves fresh chopped
- ☐ 0.5 tablespoon flat-leaf parsley fresh chopped
- ☐ 0.5 teaspoon mint leaves fresh chopped
- ☐ 0.3 cup green onion chopped
- ☐ 0.5 juice of lemon plus more if desired
- ☐ 0.3 cup mayonnaise plus more if you like a creamy tuna salad

- ☐ 4 pickle spears for serving
- ☐ 0.3 cup onion red chopped
- ☐ 0.5 tablespoon red wine vinegar
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 8 slices sourdough bread
- ☐ 3 tablespoons butter unsalted softened

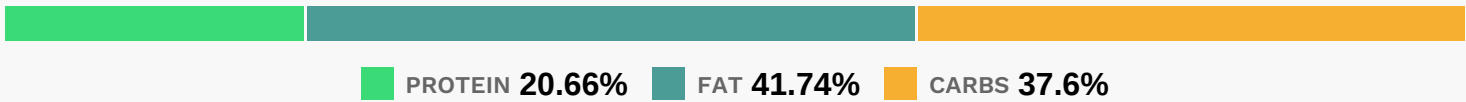
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet

Directions

- ☐ For the tuna: In a large bowl, break up the tuna with a fork and add the mayonnaise, lemon juice, red onions, green onions, basil, cilantro, parsley, mint and vinegar.
- ☐ Mix well to combine. Taste and season with salt, pepper and extra lemon juice and mayonnaise as desired.
- ☐ Brush the softened butter on 1 side of each slice of bread, setting aside some butter for cooking the sandwiches.
- ☐ Place the bread buttered-side down on a baking sheet. Divide the tuna among 4 slices of bread and top each with 2 slices of cheese. Complete the sandwich with the remaining 4 slices of bread, buttered-side up.
- ☐ Heat a large nonstick skillet over medium-high heat and add half of the remaining butter. When the butter melts, place 2 sandwiches in the pan and cook until toasted and golden brown on each side. Repeat with the remaining sandwiches. (If your pan is large enough, you can cook all the sandwiches at the same time.)
- ☐ Serve warm, with pickles.

Nutrition Facts



Properties

Glycemic Index:95.63, Glycemic Load:51.79, Inflammation Score:-8, Nutrition Score:32.541739090629%

Flavonoids

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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 749.4kcal (37.47%), Fat: 34.77g (53.48%), Saturated Fat: 14.49g (90.55%), Carbohydrates: 70.47g (23.49%), Net Carbohydrates: 66.61g (24.22%), Sugar: 7.61g (8.46%), Cholesterol: 93.07mg (31.02%), Sodium: 1796.36mg (78.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.71g (77.43%), Selenium: 104.42µg (149.17%), Vitamin B3: 14.76mg (73.79%), Vitamin B1: 0.99mg (65.75%), Vitamin K: 58.89µg (56.09%), Vitamin B2: 0.82mg (48.16%), Folate: 181.84µg (45.46%), Vitamin B12: 2.58µg (43.01%), Phosphorus: 428.78mg (42.88%), Manganese: 0.76mg (38.16%), Iron: 6.84mg (37.98%), Calcium: 369.77mg (36.98%), Vitamin B6: 0.47mg (23.74%), Zinc: 3.3mg (21.97%), Magnesium: 77.76mg (19.44%), Vitamin A: 902.1IU (18.04%), Fiber: 3.86g (15.43%), Copper: 0.28mg (14.05%), Potassium: 445.36mg (12.72%), Vitamin E: 1.64mg (10.9%), Vitamin D: 1.41µg (9.4%), Vitamin B5: 0.79mg (7.88%), Vitamin C: 5.47mg (6.63%)