



Open-Faced Avocado-Bacon Tuna Melt

READY IN



15 min.

SERVINGS



4

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce albacore tuna in water flaked drained canned
- 0.3 avocado thinly sliced
- 0.1 teaspoon pepper black
- 3 tablespoons mayonnaise light
- 3 ounce swiss cheese reduced-fat (such as Sargento)
- 4 center-cut bacon cooked halved
- 4 ounce bread whole wheat toasted

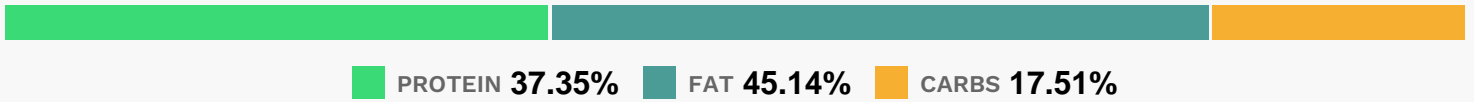
Equipment

- bowl
- baking sheet
- oven

Directions

- Preheat oven to 42
- Combine first 3 ingredients in a bowl. Spoon tuna mixture evenly over toasted bread slices. Top tuna mixture evenly with bacon, avocado, and cheese.
- Place sandwiches on a baking sheet.
- Bake at 425 for 2 minutes or until cheese melts.
- Serve with: Spicy Sweet Potato Fries

Nutrition Facts



Properties

Glycemic Index:35.42, Glycemic Load:7.43, Inflammation Score:-4, Nutrition Score:18.296956730926%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg

Nutrients (% of daily need)

Calories: 355.41kcal (17.77%), Fat: 17.51g (26.94%), Saturated Fat: 5.13g (32.06%), Carbohydrates: 15.29g (5.1%), Net Carbohydrates: 12.74g (4.63%), Sugar: 1.99g (2.21%), Cholesterol: 59.26mg (19.75%), Sodium: 723.32mg (31.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.61g (65.21%), Selenium: 70.6µg (100.86%), Phosphorus: 411.46mg (41.15%), Vitamin B3: 7.31mg (36.56%), Manganese: 0.65mg (32.52%), Calcium: 263.24mg (26.32%), Vitamin B12: 1.46µg (24.29%), Vitamin B6: 0.35mg (17.69%), Magnesium: 64.05mg (16.01%), Zinc: 2.07mg (13.82%), Vitamin B1: 0.19mg (12.79%), Vitamin K: 12.82µg (12.21%), Vitamin D: 1.81µg (12.07%), Potassium: 404.3mg (11.55%), Vitamin B2: 0.19mg (11.43%), Fiber: 2.56g (10.23%), Vitamin E: 1.48mg (9.84%), Iron: 1.77mg (9.81%), Copper: 0.14mg (6.94%), Folate: 25.47µg (6.37%), Vitamin B5: 0.6mg (6.03%), Vitamin A: 83.92IU (1.68%), Vitamin C: 1.26mg (1.52%)