



WHATSheATE



Open-Faced Mediterranean Tuna Sandwich



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cans tuna flaked drained (6 oz. ea.)
- ☐ 1 tablespoon capers rinsed drained
- ☐ 2 green onions sliced
- ☐ 0.3 cup mayonnaise dressing with olive oil best foods®
- ☐ 0.3 cup olives pitted ripe chopped
- ☐ 0.3 cup roasted peppers red drained chopped
- ☐ 15 servings romaine lettuce leaves
- ☐ 6 slices bread whole wheat

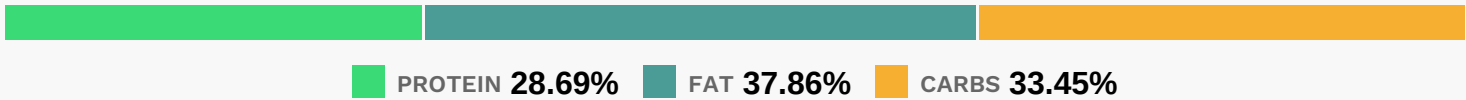
Equipment

☐ bowl

Directions

- ☐ Combine all ingredients except lettuce and bread in medium bowl. Arrange lettuce on bread, then top with tuna mixture.
- ☐ Also terrific with Hellmann's or Best Foods Light Mayonnaise

Nutrition Facts



Properties

Glycemic Index:10.11, Glycemic Load:2.93, Inflammation Score:-10, Nutrition Score:16.747391291287%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg, Quercetin: 2.96mg

Nutrients (% of daily need)

Calories: 93kcal (4.65%), Fat: 4.02g (6.18%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 7.98g (2.66%), Net Carbohydrates: 5.37g (1.95%), Sugar: 1.58g (1.75%), Cholesterol: 9.73mg (3.24%), Sodium: 212.61mg (9.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.85g (13.7%), Vitamin A: 7456.85IU (149.14%), Vitamin K: 97.6µg (92.96%), Folate: 122.98µg (30.75%), Selenium: 18.73µg (26.75%), Manganese: 0.38mg (19.11%), Vitamin B3: 3.04mg (15.2%), Fiber: 2.62g (10.47%), Vitamin B12: 0.59µg (9.78%), Iron: 1.56mg (8.67%), Vitamin B6: 0.17mg (8.29%), Phosphorus: 82.28mg (8.23%), Potassium: 287.57mg (8.22%), Vitamin B1: 0.11mg (7.61%), Magnesium: 26.77mg (6.69%), Vitamin C: 4.81mg (5.83%), Vitamin B2: 0.1mg (5.75%), Calcium: 54.18mg (5.42%), Copper: 0.09mg (4.34%), Zinc: 0.56mg (3.74%), Vitamin E: 0.47mg (3.12%), Vitamin B5: 0.24mg (2.4%), Vitamin D: 0.28µg (1.86%)