



Pepper & tuna panini pizzas

READY IN



15 min.

SERVINGS



4

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ciabatta rolls
- ☐ 1 jar roasted pepper drained
- ☐ 1 tsp tomato purée
- ☐ 1 small handful parsley chopped
- ☐ 200 g tuna drained canned
- ☐ 125 g mozzarella cheese

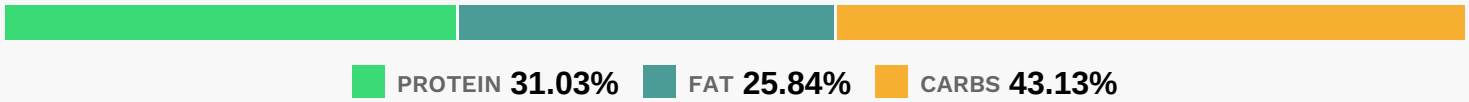
Equipment

- ☐ grill

Directions

- ☐ Heat grill to medium. Split the panini rolls in half and lightly toast on each side. Slice the peppers into strips and mix well with the tomato pure, parsley and some seasoning.
- ☐ Spread over the toasted bread.
- ☐ Flake the tuna over the pepper mixture, then scatter with cheese. Grill for 3–5 mins until the cheese is golden and bubbling.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.19, Inflammation Score:-6, Nutrition Score:14.563478303992%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 283.03kcal (14.15%), Fat: 8.11g (12.48%), Saturated Fat: 4.49g (28.04%), Carbohydrates: 30.46g (10.15%), Net Carbohydrates: 28.77g (10.46%), Sugar: 0.38g (0.42%), Cholesterol: 42.69mg (14.23%), Sodium: 1744.33mg (75.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.91g (43.83%), Selenium: 39.48µg (56.39%), Vitamin C: 40.96mg (49.65%), Vitamin B12: 2µg (33.29%), Vitamin B3: 5.49mg (27.44%), Calcium: 203.22mg (20.32%), Phosphorus: 197.1mg (19.71%), Vitamin K: 17.25µg (16.43%), Vitamin B6: 0.32mg (16.25%), Vitamin A: 771.09IU (15.42%), Iron: 1.73mg (9.62%), Zinc: 1.41mg (9.4%), Vitamin B2: 0.16mg (9.22%), Manganese: 0.16mg (7.91%), Copper: 0.14mg (7.11%), Potassium: 245.78mg (7.02%), Magnesium: 27.83mg (6.96%), Fiber: 1.69g (6.75%), Folate: 19.42µg (4.85%), Vitamin D: 0.73µg (4.83%), Vitamin B1: 0.05mg (3.12%), Vitamin E: 0.25mg (1.68%), Vitamin B5: 0.16mg (1.59%)