



Ranch Tuna Melt Wedges

 **Gluten Free**  **Dairy Free**

READY IN



25 min.

SERVINGS



6

CALORIES



137 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup water boiling
- 12 oz water-packed tuna light chunk drained well canned
- 0.3 cup ranch dressing
- 3 tablespoons spring onion finely chopped
- 1 small tomatoes cut into 6 slices
- 3 slices processed cheese food cut in half diagonally
- 1.5 cups frangelico

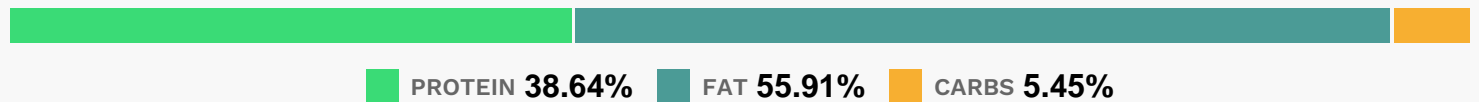
Equipment

- bowl
- oven
- pizza pan

Directions

- Heat oven to 450°F. In medium bowl, stir Bisquick mix and boiling water until soft dough forms. Gather dough into a ball.
- Place dough on surface lightly dusted with Bisquick mix.
- Roll dough into 13-inch round.
- Place on ungreased 12-inch pizza pan; pinch edge to form 1/2-inch rim.
- Bake 6 to 8 minutes or until light brown.
- Meanwhile, in medium bowl, mix tuna, dressing and onions.
- Spread tuna mixture over crust. Arrange tomato and cheese slices alternately in a pinwheel pattern on tuna mixture.
- Bake 1 to 2 minutes or until cheese is melted.
- Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:9.9547826829164%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 136.67kcal (6.83%), Fat: 8.36g (12.86%), Saturated Fat: 2.72g (17.03%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.57g (0.57%), Sugar: 1.18g (1.31%), Cholesterol: 33.51mg (11.17%), Sodium: 391.62mg (17.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13g (25.99%), Selenium: 40.93µg (58.47%), Vitamin B3: 5.74mg (28.72%), Vitamin B12: 1.63µg (27.19%), Vitamin K: 21.19µg (20.19%), Phosphorus: 168.33mg (16.83%), Calcium:

126.8mg (12.68%), Vitamin B6: 0.2mg (10.2%), Iron: 1.13mg (6.27%), Vitamin A: 291.59IU (5.83%), Vitamin D: 0.75µg (5.02%), Vitamin B2: 0.09mg (5%), Potassium: 164.28mg (4.69%), Magnesium: 18.67mg (4.67%), Zinc: 0.69mg (4.61%), Vitamin E: 0.59mg (3.94%), Vitamin C: 2.64mg (3.2%), Copper: 0.05mg (2.37%), Vitamin B5: 0.22mg (2.22%), Manganese: 0.04mg (2.07%), Folate: 7.7µg (1.93%), Vitamin B1: 0.03mg (1.82%), Fiber: 0.26g (1.04%)