



Red Onion and Kalamata Olive Tuna Sandwich



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



126 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 12 ounce tuna packed in water drained canned
- ☐ 0.3 cup kalamata olives roughly chopped
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.5 small onion red thinly sliced

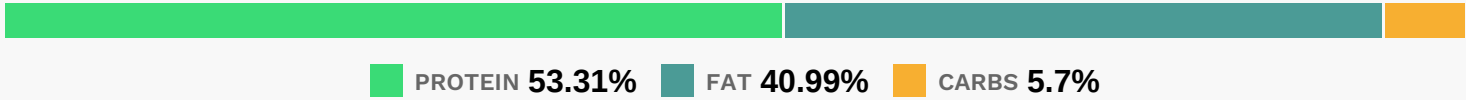
Equipment

- ☐ bowl

Directions

- ☐ In a medium bowl, combine the tuna, pepper, olive oil, onion, and olives.
- ☐ Spread the mixture on your favorite bread or roll.

Nutrition Facts



Properties

Glycemic Index:14.75, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:10.876086794812%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 125.53kcal (6.28%), Fat: 5.61g (8.63%), Saturated Fat: 0.85g (5.33%), Carbohydrates: 1.76g (0.59%), Net Carbohydrates: 1.21g (0.44%), Sugar: 0.63g (0.7%), Cholesterol: 30.62mg (10.21%), Sodium: 318.53mg (13.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.41g (32.82%), Selenium: 57.81µg (82.59%), Vitamin B3: 8.47mg (42.37%), Vitamin B12: 2.19µg (36.43%), Vitamin B6: 0.29mg (14.58%), Phosphorus: 121.04mg (12.1%), Iron: 1.52mg (8.46%), Vitamin E: 1.11mg (7.4%), Vitamin D: 1.02µg (6.8%), Magnesium: 22.08mg (5.52%), Potassium: 175mg (5%), Vitamin B2: 0.07mg (4.37%), Zinc: 0.59mg (3.93%), Copper: 0.06mg (2.9%), Vitamin K: 2.65µg (2.53%), Manganese: 0.05mg (2.49%), Calcium: 23.45mg (2.34%), Vitamin B1: 0.03mg (2.25%), Fiber: 0.54g (2.18%), Vitamin A: 82.6IU (1.65%), Folate: 6.29µg (1.57%), Vitamin B5: 0.15mg (1.46%), Vitamin C: 1.02mg (1.23%)