



## Roasted Red Peppers and Basil Tuna Sandwich



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



110 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 12 ounce water-packed tuna packed in water (drained) canned
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 1 teaspoon red wine vinegar
- ☐ 0.3 cup roasted peppers red jarred thinly sliced

### Equipment

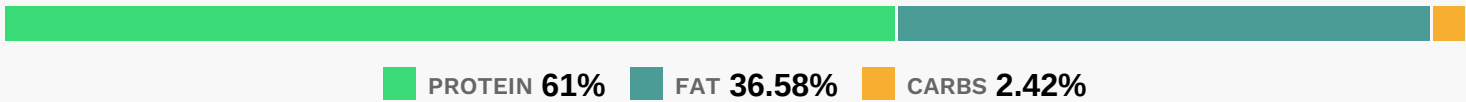
☐

bowl

## Directions

- ☐ In a medium bowl, combine the tuna, pepper, olive oil, peppers, basil leaves, and vinegar.
- ☐ Spread the mixture on your favorite bread or roll

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:11.376087147257%

## Nutrients (% of daily need)

Calories: 110.48kcal (5.52%), Fat: 4.35g (6.69%), Saturated Fat: 0.68g (4.26%), Carbohydrates: 0.65g (0.22%), Net Carbohydrates: 0.45g (0.16%), Sugar: 0.01g (0.01%), Cholesterol: 30.62mg (10.21%), Sodium: 346.23mg (15.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.31g (32.63%), Selenium: 57.71µg (82.44%), Vitamin B3: 8.52mg (42.58%), Vitamin B12: 2.19µg (36.43%), Vitamin B6: 0.3mg (14.78%), Phosphorus: 119.99mg (12%), Iron: 1.6mg (8.88%), Vitamin K: 8.71µg (8.29%), Vitamin C: 5.7mg (6.91%), Vitamin D: 1.02µg (6.8%), Magnesium: 22.07mg (5.52%), Vitamin E: 0.8mg (5.32%), Potassium: 173.33mg (4.95%), Vitamin B2: 0.07mg (4.39%), Zinc: 0.6mg (3.98%), Vitamin A: 188.95IU (3.78%), Manganese: 0.07mg (3.43%), Copper: 0.06mg (3.18%), Calcium: 23.41mg (2.34%), Vitamin B1: 0.03mg (1.94%), Folate: 6.31µg (1.58%), Vitamin B5: 0.14mg (1.35%)