



Seeded bagel tuna melt

READY IN



10 min.

SERVINGS



4

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 bagels mixed
- ☐ 200 g water-packed tuna drained canned
- ☐ 1 tbsp mayonnaise
- ☐ 1 juice of lemon
- ☐ 1 bunch spring onion roughly chopped
- ☐ 4 servings tomatoes sliced into thin rounds
- ☐ 1 handful cheddar cheese grated

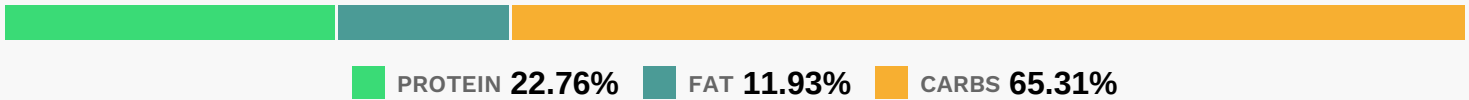
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ grill

Directions

- ☐ Heat the grill. Split open the bagels, lay them on a baking sheet, then toast both sides until golden. Meanwhile, tip the tuna into a bowl and add the mayonnaise, lemon juice and spring onions. Season to taste and mix well.
- ☐ Spread the tuna mix over the bottom half of each of the 4 bagels and top with tomato slices.
- ☐ Sprinkle over a handful of grated cheddar, then grill for 1 min until melted. Finish with the bagel tops and serve.

Nutrition Facts



Properties

Glycemic Index:54.75, Glycemic Load:40.57, Inflammation Score:-8, Nutrition Score:19.400869493899%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg

Nutrients (% of daily need)

Calories: 394.2kcal (19.71%), Fat: 5.2g (8.01%), Saturated Fat: 0.85g (5.31%), Carbohydrates: 64.1g (21.37%), Net Carbohydrates: 59.34g (21.58%), Sugar: 5.08g (5.65%), Cholesterol: 19.7mg (6.57%), Sodium: 703.78mg (30.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.34g (44.67%), Selenium: 34.09µg (48.71%), Manganese: 0.79mg (39.62%), Vitamin B3: 7.91mg (39.57%), Vitamin C: 28.69mg (34.78%), Vitamin A: 1592.92IU (31.86%), Vitamin K: 32.37µg (30.83%), Phosphorus: 217.19mg (21.72%), Vitamin B12: 1.29µg (21.53%), Fiber: 4.75g (19.01%), Potassium: 645.82mg (18.45%), Vitamin B6: 0.37mg (18.26%), Vitamin B1: 0.26mg (17.22%), Magnesium: 63.5mg (15.88%), Iron: 2.85mg (15.84%), Copper: 0.31mg (15.41%), Folate: 57.67µg (14.42%), Zinc: 1.6mg (10.68%), Vitamin E: 1.3mg (8.64%), Vitamin B2: 0.14mg (8.09%), Vitamin B5: 0.64mg (6.37%), Calcium: 52.71mg (5.27%), Vitamin D: 0.61µg (4.06%)