



## Simple Tuna Melts

 Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 ounce tuna drained canned
- 4 slices cheddar cheese
- 2 muffins split english
- 12 slices pickled jalapeño
- 0.5 small onion minced
- 4 servings bell pepper to taste

### Equipment

- bowl

baking sheet

oven

## Directions

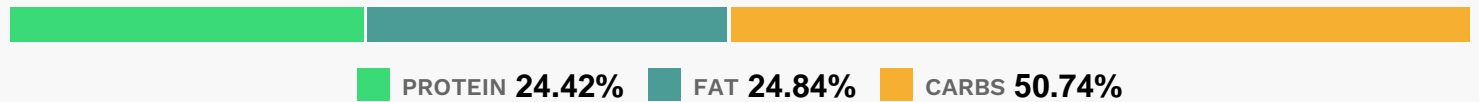
Preheat oven to 350 degrees F (175 degrees C).

In a small bowl, combine tuna, minced onion, and black pepper. Divide mixture onto 4 halves of English Muffins. Arrange 3 slices jalapenos on each muffin half. Top each with a slice of Cheddar cheese.

Place on baking sheet.

Bake in oven for 10 minutes, or until cheese begins to bubble.

## Nutrition Facts



## Properties

Glycemic Index:48.25, Glycemic Load:13.68, Inflammation Score:-10, Nutrition Score:34.385652127473%

## Flavonoids

Luteolin: 4.07mg, Luteolin: 4.07mg, Luteolin: 4.07mg, Luteolin: 4.07mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 15.64mg, Quercetin: 15.64mg, Quercetin: 15.64mg, Quercetin: 15.64mg

## Nutrients (% of daily need)

Calories: 275.78kcal (13.79%), Fat: 7.92g (12.19%), Saturated Fat: 3.73g (23.31%), Carbohydrates: 36.42g (12.14%), Net Carbohydrates: 26.38g (9.59%), Sugar: 14.68g (16.31%), Cholesterol: 32.31mg (10.77%), Sodium: 347.98mg (15.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.53g (35.05%), Vitamin C: 416.26mg (504.55%), Vitamin A: 5437.95IU (108.76%), Vitamin B6: 1.52mg (75.93%), Vitamin E: 11.11mg (74.08%), Vitamin K: 54.13µg (51.55%), Selenium: 34.84µg (49.77%), Vitamin B3: 8.87mg (44.35%), Fiber: 10.04g (40.17%), Folate: 124.65µg (31.16%), Potassium: 964.84mg (27.57%), Phosphorus: 266.13mg (26.61%), Vitamin B2: 0.41mg (24.02%), Manganese: 0.47mg (23.41%), Vitamin B12: 1.28µg (21.41%), Calcium: 182.29mg (18.23%), Magnesium: 70.67mg (17.67%), Vitamin B1: 0.22mg (14.77%), Vitamin B5: 1.36mg (13.58%), Zinc: 1.68mg (11.22%), Iron: 2mg (11.14%), Copper: 0.2mg (10.15%), Vitamin D: 0.61µg (4.08%)