



Spicy Tuna Melt Panini

 Popular

READY IN



30 min.

SERVINGS



4

CALORIES



588 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce solid albacore tuna in water white drained canned
- ☐ 1 medium size avocado pitted ripe peeled sliced
- ☐ 4 tablespoons butter at room temperature ()
- ☐ 1 rib celery minced
- ☐ 4 servings coarse salt and pepper black freshly ground
- ☐ 4 tablespoons dijon mustard
- ☐ 2 tablespoons mayonnaise
- ☐ 4 ounces pepper jack cheese thinly sliced

- ☐ 2 tablespoons pepperoncini sliced
- ☐ 2 plum tomatoes seeded thinly sliced (such as Roma)
- ☐ 8 slices onion red separated thin
- ☐ 8 slices sourdough white sliced

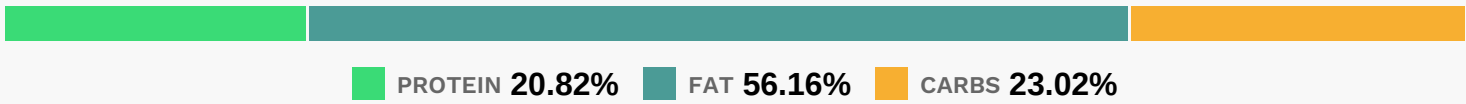
Equipment

- ☐ bowl
- ☐ panini press

Directions

- ☐ In a medium-size bowl, mix the tuna, celery, and mayonnaise until it's well combined. Season the tuna salad with salt and pepper to taste. In a small bowl, mix the Dijon mustard and hot sauce together – add more hot sauce if you prefer.
- ☐ Heat the panini press to medium-high heat
- ☐ Spread butter on two slices of bread to flavor the outside of the sandwich. Flip over both slices and spread mustard on the other side of each. To one slice add onions, avocado, tuna salad, pepperoncini, tomatoes, and cheese. Close the sandwich with the other slice of bread, buttered side up. Grill two panini at a time, with the lid closed, until the cheese is melted and the bread is toasted, 4 to 5 minutes

Nutrition Facts



Properties

Glycemic Index:100.69, Glycemic Load:18.94, Inflammation Score:-8, Nutrition Score:24.817826188129%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg, Isorhamnetin: 1.4mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg

Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg, Quercetin: 5.86mg

Nutrients (% of daily need)

Calories: 588.05kcal (29.4%), Fat: 37.1g (57.08%), Saturated Fat: 15.54g (97.09%), Carbohydrates: 34.21g (11.4%), Net Carbohydrates: 27.92g (10.15%), Sugar: 5.56g (6.17%), Cholesterol: 88.04mg (29.35%), Sodium: 982.63mg (42.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.95g (61.89%), Selenium: 68.04µg (97.21%), Phosphorus: 401.47mg (40.15%), Vitamin B3: 7.79mg (38.95%), Calcium: 357.43mg (35.74%), Folate: 116.76µg (29.19%), Vitamin K: 29.25µg (27.86%), Manganese: 0.54mg (26.94%), Fiber: 6.29g (25.16%), Vitamin B1: 0.36mg (23.82%), Vitamin B6: 0.45mg (22.4%), Vitamin C: 17.53mg (21.24%), Vitamin B2: 0.36mg (21.23%), Vitamin A: 956.7IU (19.13%), Potassium: 655.66mg (18.73%), Magnesium: 74.33mg (18.58%), Iron: 3.29mg (18.28%), Vitamin B12: 1.1µg (18.28%), Vitamin E: 2.66mg (17.73%), Zinc: 2.19mg (14.61%), Vitamin B5: 1.27mg (12.69%), Copper: 0.24mg (12.21%), Vitamin D: 1.6µg (10.68%)