



Spicy Tuna Rolls

READY IN



15 min.

SERVINGS



3

CALORIES



166 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 oz tuna flaked drained canned
- 1 small cucumber cut into small strips
- 3 6-inch flour tortillas ()
- 1 cup lettuce shredded
- 3 Tbsp miracle whip dressing
- 2 tsp pepper sauce hot

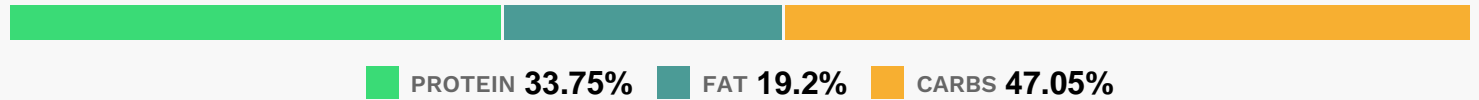
Equipment

- bowl

Directions

- Mix dressing and hot pepper sauce in large bowl.
- Stir in tuna.
- Spoon evenly onto tortillas; top with lettuce and cucumbers.
- Roll up.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:4.93, Inflammation Score:-4, Nutrition Score:12.083043590836%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 166.3kcal (8.32%), Fat: 3.49g (5.37%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 19.25g (6.42%), Net Carbohydrates: 17.23g (6.27%), Sugar: 4g (4.45%), Cholesterol: 21.85mg (7.28%), Sodium: 559.08mg (24.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.81g (27.62%), Selenium: 45.21µg (64.58%), Vitamin B3: 7.01mg (35.04%), Vitamin B12: 1.46µg (24.29%), Phosphorus: 156.49mg (15.65%), Vitamin B1: 0.2mg (13.02%), Iron: 2.28mg (12.69%), Vitamin B6: 0.24mg (12.06%), Manganese: 0.23mg (11.45%), Vitamin K: 11.93µg (11.36%), Folate: 44.99µg (11.25%), Vitamin B2: 0.15mg (8.99%), Fiber: 2.02g (8.08%), Potassium: 255.21mg (7.29%), Magnesium: 27.8mg (6.95%), Calcium: 66.92mg (6.69%), Vitamin C: 4.75mg (5.76%), Copper: 0.1mg (5.14%), Vitamin D: 0.68µg (4.54%), Zinc: 0.66mg (4.42%), Vitamin A: 206.94IU (4.14%), Vitamin B5: 0.28mg (2.85%), Vitamin E: 0.25mg (1.67%)