



Tasty Tuna BLT

READY IN



10 min.

SERVINGS



10

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 slices oscar mayer bacon fully cooked
- 12 oz tuna flaked drained canned
- 4 lettuce leaves
- 0.3 cup miracle whip dressing
- 8 slices multigrain bread toasted
- 1 medium tomatoes chopped

Equipment

Directions

- Mix tuna, dressing and tomatoes.
- Cover 4 of the toast slices with lettuce and bacon; top with tuna mixture and remaining toast slices.

Nutrition Facts



Properties

Glycemic Index:10.77, Glycemic Load:5.92, Inflammation Score:-6, Nutrition Score:10.696521810863%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 206.61kcal (10.33%), Fat: 11.79g (18.14%), Saturated Fat: 3.79g (23.7%), Carbohydrates: 11.77g (3.92%), Net Carbohydrates: 10.07g (3.66%), Sugar: 2.06g (2.29%), Cholesterol: 30.24mg (10.08%), Sodium: 403.61mg (17.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.77g (25.54%), Selenium: 34.21µg (48.87%), Vitamin B3: 5.54mg (27.7%), Manganese: 0.53mg (26.52%), Vitamin A: 847.47IU (16.95%), Vitamin B12: 1.01µg (16.77%), Phosphorus: 138.17mg (13.82%), Vitamin B6: 0.25mg (12.35%), Vitamin B1: 0.18mg (12.32%), Magnesium: 30.84mg (7.71%), Iron: 1.38mg (7.65%), Fiber: 1.71g (6.83%), Zinc: 0.97mg (6.47%), Potassium: 219.04mg (6.26%), Vitamin B2: 0.1mg (5.79%), Calcium: 49.02mg (4.9%), Copper: 0.09mg (4.26%), Vitamin C: 3.41mg (4.14%), Folate: 16.26µg (4.07%), Vitamin B5: 0.36mg (3.61%), Vitamin D: 0.51µg (3.43%), Vitamin E: 0.44mg (2.95%), Vitamin K: 2.79µg (2.65%)