



Tasty Tuna Melts

READY IN



8 min.

SERVINGS



8

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 muffins whole wheat split english toasted
- 1 Tbsp real mayo mayonnaise kraft
- 0.3 cup mild cheddar cheese shredded kraft
- 0.3 cup tomatoes chopped
- 6 oz tuna in water white flaked drained canned

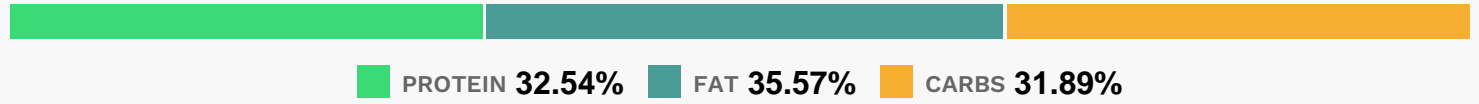
Equipment

- oven
- toaster

Directions

- Mix tuna and mayonnaise.
- Spoon onto muffin halves; top with tomatoes and cheese.
- Broil in a toaster oven until cheese melts.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:0.08, Inflammation Score:-2, Nutrition Score:5.5060869818148%

Flavonoids

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 75.04kcal (3.75%), Fat: 3g (4.61%), Saturated Fat: 0.98g (6.1%), Carbohydrates: 6.05g (2.02%), Net Carbohydrates: 5.04g (1.83%), Sugar: 1.3g (1.44%), Cholesterol: 11.91mg (3.97%), Sodium: 132.71mg (5.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.35%), Selenium: 21.2µg (30.28%), Manganese: 0.26mg (13.24%), Vitamin B3: 2.62mg (13.12%), Vitamin B12: 0.59µg (9.77%), Phosphorus: 86.97mg (8.7%), Calcium: 67.16mg (6.72%), Vitamin B6: 0.1mg (4.88%), Magnesium: 16.49mg (4.12%), Fiber: 1.01g (4.04%), Iron: 0.73mg (4.03%), Vitamin B1: 0.05mg (3.47%), Zinc: 0.51mg (3.39%), Vitamin K: 3.45µg (3.29%), Vitamin B2: 0.05mg (3.19%), Folate: 9.36µg (2.34%), Potassium: 81.45mg (2.33%), Copper: 0.04mg (2.23%), Vitamin D: 0.28µg (1.87%), Vitamin A: 88.12IU (1.76%), Vitamin E: 0.24mg (1.58%), Vitamin B5: 0.15mg (1.52%)