



Tuna and Olive Salad Sandwich

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



310 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 20 inch crusty baguette
- ☐ 1 large rib celery stalks chopped
- ☐ 1 leaf lettuce green
- ☐ 10 olives black pitted cut lengthwise into strips
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 12 oz tuna light packed in olive oil, drained canned
- ☐ 0.3 cup mayonnaise
- ☐ 2 tablespoons olive oil

- ☐ 2 tablespoons onion red finely chopped
- ☐ 0.5 cup roasted peppers red drained chopped

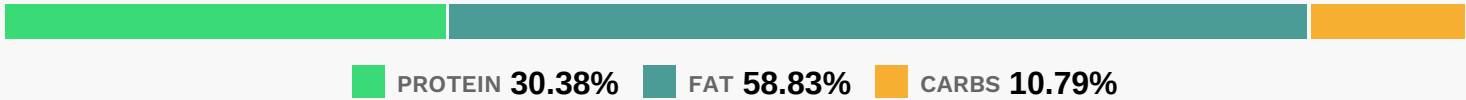
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together mayonnaise and lemon juice in a large bowl.
- ☐ Add remaining salad ingredients and stir together gently. Season with salt and pepper.
- ☐ Cut baguette into 4 equal lengths and halve each piece horizontally.
- ☐ Brush cut sides with oil and season with salt and pepper. Make sandwiches with baguette, lettuce, and tuna salad.

Nutrition Facts



Properties

Glycemic Index:53.19, Glycemic Load:4.35, Inflammation Score:-5, Nutrition Score:15.968260814314%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 310.24kcal (15.51%), Fat: 20.12g (30.96%), Saturated Fat: 3.09g (19.3%), Carbohydrates: 8.31g (2.77%), Net Carbohydrates: 7.36g (2.68%), Sugar: 1.17g (1.3%), Cholesterol: 31.39mg (10.46%), Sodium: 606.3mg (26.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.38g (46.76%), Selenium: 71.06µg (101.52%), Vitamin B3: 12.01mg (60.03%), Vitamin B12: 2.56µg (42.66%), Vitamin K: 28.13µg (26.79%), Vitamin B6: 0.36mg (17.84%), Phosphorus: 160.04mg (16%), Vitamin C: 11.47mg (13.91%), Vitamin E: 1.9mg (12.68%), Iron: 2.02mg (11.23%), Potassium: 268.43mg (7.67%), Magnesium: 30.55mg (7.64%), Vitamin B1: 0.11mg (7.6%), Vitamin B2: 0.12mg

(6.79%), Folate: 23.91µg (5.98%), Zinc: 0.83mg (5.52%), Manganese: 0.11mg (5.37%), Copper: 0.1mg (4.99%),
Vitamin A: 198.74IU (3.97%), Calcium: 38.32mg (3.83%), Fiber: 0.94g (3.77%), Vitamin B5: 0.28mg (2.81%)