



Tuna Melt

READY IN



25 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 oz solid albacore tuna in water white drained canned
- ☐ 0.3 cup salad dressing
- ☐ 0.3 cup celery finely chopped
- ☐ 1 tablespoon onion finely chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 teaspoon red wine vinegar
- ☐ 0.1 teaspoon salt
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 4 slices cocktail rye bread

- ☐ 8 slices swiss cheese
- ☐ 8 slices tomatoes

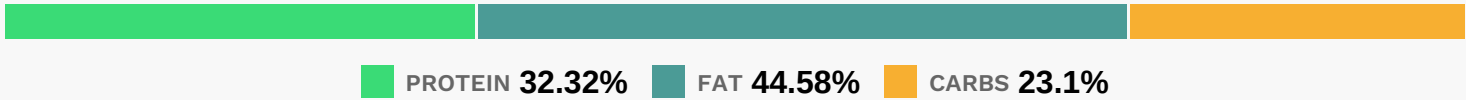
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Set oven control to broil.
- ☐ In medium bowl, mix tuna, mayonnaise, celery, onion, parsley, vinegar, salt and pepper.
- ☐ Place bread slices on baking sheet. Broil with top about 4 to 6 inches from heat 1 minute or until lightly toasted.
- ☐ Turn bread over on baking sheet.
- ☐ Spread untoasted side of each slice of bread with about 1/3 cup of the tuna salad, 1 slice of the cheese, 2 slices tomato and 1 of the remaining slice cheese. Return sandwiches to oven; broil 3 to 5 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:60.08, Glycemic Load:7.9, Inflammation Score:-7, Nutrition Score:20.034347803696%

Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 2.33mg, Apigenin: 2.33mg, Apigenin: 2.33mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 366.58kcal (18.33%), Fat: 17.96g (27.64%), Saturated Fat: 7.55g (47.18%), Carbohydrates: 20.94g (6.98%), Net Carbohydrates: 18.25g (6.64%), Sugar: 4.97g (5.52%), Cholesterol: 61.39mg (20.46%), Sodium: 798.71mg (34.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.3g (58.61%), Selenium: 67.12µg (95.89%), Phosphorus: 407.87mg (40.79%), Calcium: 348.7mg (34.87%), Vitamin K: 36.23µg (34.5%), Vitamin B12: 1.86µg (30.93%), Vitamin B3: 5.73mg (28.65%), Manganese: 0.37mg (18.33%), Vitamin A: 868.46IU (17.37%), Zinc: 2.32mg (15.47%), Vitamin B2: 0.26mg (15.12%), Magnesium: 55.93mg (13.98%), Vitamin B6: 0.27mg (13.3%), Folate: 52.06µg (13.01%), Potassium: 416.6mg (11.9%), Vitamin B1: 0.18mg (11.71%), Vitamin C: 9.32mg (11.3%), Vitamin E: 1.66mg (11.05%), Fiber: 2.7g (10.79%), Iron: 1.93mg (10.7%), Vitamin D: 1.42µg (9.45%), Copper: 0.14mg (7.22%), Vitamin B5: 0.45mg (4.46%)