



Tuna Melt

READY IN



25 min.

SERVINGS



4

CALORIES



367 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

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

 **PROTEIN 32.32%**  **FAT 44.58%**  **CARBS 23.1%**

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, 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: 0g (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%)