



Tuna Melt

READY IN



18 min.

SERVINGS



18

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 slices bread
- 6 oz tuna flaked drained canned
- 2 Tbsp celery chopped
- 8 milk singles 2% kraft
- 3 Tbsp mayo reduced fat mayonnaise light kraft
- 8 tsp vegetable oil spread

Equipment

- frying pan

Directions

- Mix tuna, mayo and celery; set aside.
- Top each of 4 bread slices with one 2% Milk Singles, 1/4 of tuna mixture and second Singles. Cover with remaining bread slices.
- Spread outsides of sandwiches with vegetable oil spread.
- Cook in skillet on medium heat 3 to 4 min. on each side or until golden brown on both sides.

Nutrition Facts



Properties

Glycemic Index:5.04, Glycemic Load:3.18, Inflammation Score:-1, Nutrition Score:2.9656521888531%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 63.51kcal (3.18%), Fat: 2.86g (4.4%), Saturated Fat: 0.54g (3.39%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 5.69g (2.07%), Sugar: 0.83g (0.92%), Cholesterol: 3.81mg (1.27%), Sodium: 119.43mg (5.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.17g (6.35%), Selenium: 10.07µg (14.38%), Vitamin B3: 1.64mg (8.18%), Manganese: 0.15mg (7.56%), Vitamin B12: 0.25µg (4.12%), Vitamin B1: 0.05mg (3.65%), Iron: 0.61mg (3.39%), Phosphorus: 30.44mg (3.04%), Folate: 11.39µg (2.85%), Vitamin B2: 0.04mg (2.42%), Vitamin B6: 0.05mg (2.25%), Fiber: 0.51g (2.04%), Vitamin K: 2.13µg (2.03%), Calcium: 18.89mg (1.89%), Magnesium: 7.53mg (1.88%), Vitamin A: 86.18IU (1.72%), Zinc: 0.2mg (1.31%), Vitamin B5: 0.12mg (1.23%), Copper: 0.02mg (1.19%), Vitamin E: 0.17mg (1.15%), Potassium: 38.57mg (1.1%)