



HEALTH SCORE

53%

Tuna melt pizza baguettes

READY IN



30 min.

SERVINGS



4

CALORIES



539 kcal

Ingredients

- ☐ 2 crusty baguette
- ☐ 1 bell pepper diced red
- ☐ 1 bell pepper diced green
- ☐ 198 g regular corn drained canned
- ☐ 225 g tuna
- ☐ 100 g cheddar cheese grated
- ☐ 1 tbsp tomato purée

Equipment

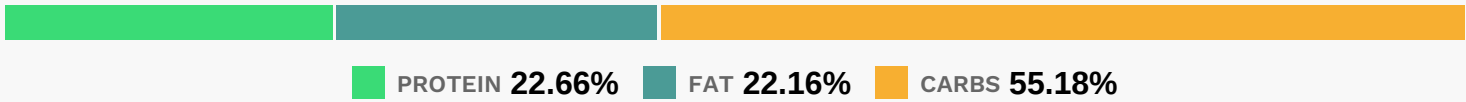
- ☐ oven

☐ baking pan

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Halve the 2 part-baked baguettes lengthways and cook directly on the oven shelf for 8 mins. Meanwhile mix the diced peppers, sweetcorn, tuna, and 75g of the grated cheddar.
- ☐ Transfer the baguettes to a baking tray, spread each with 1 tbsp tomato pure, divide the tuna mix over, then sprinkle with the remaining grated cheddar.
- ☐ Bake for 12 mins until melting and golden.

Nutrition Facts



Properties

Glycemic Index:49.06, Glycemic Load:46.99, Inflammation Score:-9, Nutrition Score:31.081739218339%

Flavonoids

Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg, Luteolin: 1.58mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 539.1kcal (26.95%), Fat: 13.33g (20.51%), Saturated Fat: 5.74g (35.87%), Carbohydrates: 74.7g (24.9%), Net Carbohydrates: 69.68g (25.34%), Sugar: 10.35g (11.5%), Cholesterol: 45.25mg (15.08%), Sodium: 1062.89mg (46.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.68g (61.36%), Selenium: 66.87µg (95.53%), Vitamin C: 65.15mg (78.96%), Vitamin B3: 12.59mg (62.97%), Vitamin B1: 0.83mg (55.45%), Folate: 169.74µg (42.43%), Manganese: 0.75mg (37.61%), Vitamin B2: 0.62mg (36.63%), Phosphorus: 363.71mg (36.37%), Calcium: 325.39mg (32.54%), Iron: 5.81mg (32.31%), Vitamin A: 1474.69IU (29.49%), Vitamin B12: 1.71µg (28.51%), Vitamin B6: 0.55mg (27.72%), Fiber: 5.02g (20.08%), Magnesium: 72.52mg (18.13%), Zinc: 2.71mg (18.07%), Potassium: 513.55mg (14.67%), Copper: 0.25mg (12.35%), Vitamin B5: 1.19mg (11.92%), Vitamin E: 1.44mg (9.59%), Vitamin K: 8.46µg (8.05%), Vitamin D: 0.82µg (5.5%)