



Tuna Melts

READY IN



12 min.

SERVINGS



2

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon dijon mustard
- ☐ 3 ounce bread french toasted halved lengthwise
- ☐ 2 tablespoons green onions thinly sliced
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 inch plum tomatoes
- ☐ 0.1 teaspoon salt
- ☐ 5 ounce solid tuna in water white flaked drained canned

☐ 1 ounce swiss cheese shredded

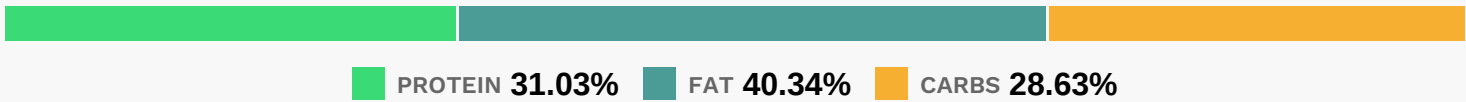
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Combine first 6 ingredients in a medium bowl.
- ☐ Add tuna; stir gently.
- ☐ Hollow out top and bottom halves of bread, leaving a 1-inch-thick shell; reserve torn bread for another use.
- ☐ Place bread, cut sides up, on a baking sheet. Broil 1 minute or until toasted.
- ☐ Spoon tuna mixture evenly into bread shells; top each with 2 tomato slices and 2 tablespoons cheese. Broil 2 minutes or until cheese melts.
- ☐ Sprinkle 1 teaspoon green onionson each sandwich, if desired.

Nutrition Facts



Properties

Glycemic Index:120.75, Glycemic Load:17.23, Inflammation Score:-5, Nutrition Score:16.483478193698%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 332.42kcal (16.62%), Fat: 14.82g (22.79%), Saturated Fat: 4.36g (27.24%), Carbohydrates: 23.67g (7.89%), Net Carbohydrates: 22.16g (8.06%), Sugar: 2.37g (2.64%), Cholesterol: 42.95mg (14.32%), Sodium: 778.52mg (33.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.64g (51.29%), Selenium: 65.6µg (93.71%), Vitamin B3: 6.26mg (31.28%), Phosphorus: 291.23mg (29.12%), Vitamin B1: 0.33mg (21.9%), Vitamin B12: 1.26µg (20.96%), Vitamin K: 19.52µg (18.59%), Calcium: 168.93mg (16.89%), Vitamin B2: 0.27mg (15.7%), Manganese: 0.31mg (15.61%), Folate: 60.6µg (15.15%), Iron: 2.65mg (14.72%), Vitamin E: 1.86mg (12.41%), Magnesium: 47.34mg (11.84%), Vitamin B6: 0.22mg (11.1%), Zinc: 1.48mg (9.88%), Vitamin D: 1.42µg (9.45%), Potassium: 267.18mg (7.63%), Fiber: 1.51g (6.03%), Copper: 0.11mg (5.72%), Vitamin A: 209.22IU (4.18%), Vitamin C: 3.27mg (3.96%), Vitamin B5: 0.33mg (3.29%)