



WHATSheATE



Tuna Melts with Horseradish Mayonnaise

READY IN



25 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons apple cider vinegar
- ☐ 0.3 cup celery finely chopped
- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 8 slices havarti cheese thin
- ☐ 1 tablespoon horseradish prepared
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 6 tablespoons mayonnaise
- ☐ 4 large slices cocktail rye bread lightly toasted
- ☐ 2 scallions finely chopped

- ☐ 12 ounce solid tuna white drained canned
- ☐ 2 tomatoes cut into 8 slices
- ☐ 1 tablespoon whole-grain mustard

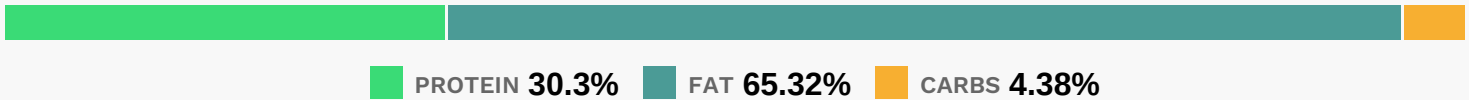
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Position a rack in the upper third of the oven and preheat to 475 degrees F.
- ☐ Combine 4 tablespoons mayonnaise, the tuna, celery, scallions, parsley and vinegar in a large bowl and mix well. Season with salt and pepper.
- ☐ Combine the remaining 2 tablespoons mayonnaise with the mustard and horseradish in a small bowl; spread on the bread slices and arrange on a baking sheet. Mound the tuna mixture on top and pat it into an even layer. Top each with 1 cheese slice, tearing it as needed to cover the tuna mixture.
- ☐ Season the tomato slices with salt; place 2 slices on top of each sandwich, then top each with another cheese slice.
- ☐ Bake until the cheese melts, 5 to 7 minutes.
- ☐ Serve with dill pickles.

Nutrition Facts



Properties

Glycemic Index:85.83, Glycemic Load:1.18, Inflammation Score:-8, Nutrition Score:22.560000191564%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 4.49mg, Apigenin: 4.49mg, Apigenin: 4.49mg, Apigenin: 4.49mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.38mg,

Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 464.59kcal (23.23%), Fat: 33.59g (51.67%), Saturated Fat: 12.86g (80.39%), Carbohydrates: 5.07g (1.69%), Net Carbohydrates: 3.66g (1.33%), Sugar: 2.38g (2.64%), Cholesterol: 93.82mg (31.27%), Sodium: 1143.93mg (49.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.05g (70.11%), Selenium: 62.88µg (89.82%), Vitamin K: 88.4µg (84.19%), Phosphorus: 512.08mg (51.21%), Calcium: 374.75mg (37.47%), Vitamin B12: 1.79µg (29.88%), Vitamin B3: 5.5mg (27.52%), Vitamin A: 1246.49IU (24.93%), Zinc: 2.91mg (19.37%), Vitamin C: 13.64mg (16.54%), Vitamin B6: 0.3mg (15.1%), Vitamin B2: 0.25mg (15%), Vitamin E: 2.21mg (14.72%), Folate: 58.23µg (14.56%), Magnesium: 56.34mg (14.09%), Potassium: 451.52mg (12.9%), Vitamin D: 1.89µg (12.61%), Manganese: 0.18mg (8.77%), Iron: 1.46mg (8.11%), Copper: 0.14mg (6.95%), Fiber: 1.4g (5.62%), Vitamin B1: 0.08mg (5.18%), Vitamin B5: 0.43mg (4.34%)