



Tuna Mexi Melts

READY IN



45 min.

SERVINGS



6

CALORIES



626 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 tablespoons butter melted
- 0.3 teaspoon chili powder
- 1 bunch cilantro leaves
- 0.3 teaspoon cumin
- 1 loaf bread french
- 6 servings garlic powder for sprinkling
- 2 spring onion chopped
- 0.5 jalapeno cored seeded chopped
- 1 juice of lime juiced

- 0.3 teaspoon paprika
- 8 ounces pepper jack cheese sliced
- 0.8 cup picante sauce
- 5 roma tomatoes roughly chopped
- 1 teaspoon salt
- 0.8 cup cheddar cheese shredded
- 1 cup cream sour
- 360 grams tuna

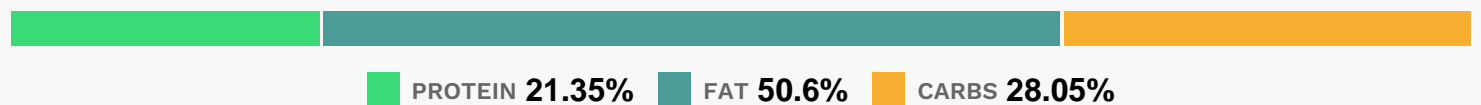
Equipment

- food processor
- bowl
- oven

Directions

- Well whip up the picante first. To do this, go ahead and add all the ingredients into your food processor. Zip it up good and then add in some salt to taste. Next up, grab your french loaf and slice it into 1 slices.
- Brush the melted butter over your slices of bread and then sprinkle on some cumin, chile powder, and garlic powder.
- Add all the melt ingredients with the exception of the pepper jack cheese to a bowl and mix it up good. Now grab your bread and lop a large spoonful of the tuna mixture on each piece. Top them all off with a slice of pepper jack cheese. Throw your sandwiches into an oven heated to 350 degrees and let them heat up for about 10 to 15 minutes or until your cheese is melted and bubbling.

Nutrition Facts



Properties

Glycemic Index:57.25, Glycemic Load:27.54, Inflammation Score:-9, Nutrition Score:27.572173913043%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Taste

Sweetness: 75.12%, Saltiness: 41.98%, Sourness: 51.14%, Bitterness: 17.71%, Savoriness: 27.79%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 626.12kcal (31.31%), Fat: 35.58g (54.74%), Saturated Fat: 20.32g (127.02%), Carbohydrates: 44.38g (14.79%), Net Carbohydrates: 41.17g (14.97%), Sugar: 7.55g (8.39%), Cholesterol: 117.07mg (39.02%), Sodium: 1546.92mg (67.26%), Protein: 33.78g (67.55%), Selenium: 71.84µg (102.63%), Vitamin B3: 10.02mg (50.11%), Calcium: 491.56mg (49.16%), Phosphorus: 455.93mg (45.59%), Vitamin B2: 0.65mg (37.96%), Vitamin B1: 0.56mg (37.25%), Vitamin A: 1794.9IU (35.9%), Vitamin B12: 2.11µg (35.1%), Folate: 111.55µg (27.89%), Manganese: 0.52mg (25.81%), Iron: 4.56mg (25.33%), Vitamin B6: 0.48mg (24.11%), Zinc: 3.16mg (21.08%), Vitamin K: 21.54µg (20.51%), Magnesium: 68.4mg (17.1%), Potassium: 549.73mg (15.71%), Vitamin C: 12.08mg (14.64%), Fiber: 3.2g (12.81%), Vitamin E: 1.82mg (12.14%), Copper: 0.23mg (11.6%), Vitamin B5: 0.75mg (7.48%), Vitamin D: 1.03µg (6.88%)