



Tuna Mini Melts with Rosemary

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



409 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings bell pepper black
- ☐ 2 tablespoons butter
- ☐ 4 slices provolone cheese sliced
- ☐ 1 large sprig rosemary finely chopped
- ☐ 16 rounds sesame baguette sliced
- ☐ 1 small shallots finely chopped
- ☐ 8 servings tuna in olive oil italian drained

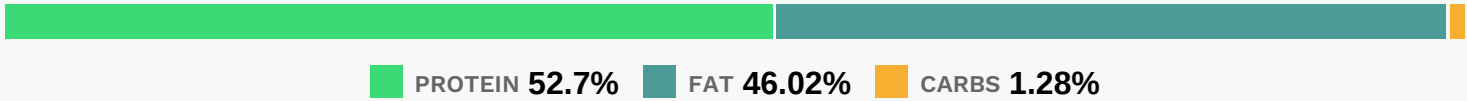
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Mash tuna with finely chopped shallot, rosemary and black pepper. Quarter the sliced cheese. Build mini sammies of bread, cheese, tuna, cheese, bread. Melt butter in skillet over medium heat. Grill sandwiches on both sides until golden.
- ☐ Remove from skillet and serve.;

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:0.28, Inflammation Score:-6, Nutrition Score:26.690434759078%

Nutrients (% of daily need)

Calories: 409.04kcal (20.45%), Fat: 20.32g (31.27%), Saturated Fat: 6.17g (38.54%), Carbohydrates: 1.27g (0.42%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.31g (0.34%), Cholesterol: 44.68mg (14.89%), Sodium: 799.39mg (34.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.38g (104.75%), Selenium: 131.34µg (187.63%), Vitamin B3: 21.19mg (105.97%), Vitamin D: 11.44µg (76.25%), Vitamin K: 75.44µg (71.85%), Vitamin B12: 3.88µg (64.74%), Phosphorus: 591.28mg (59.13%), Magnesium: 63.3mg (15.83%), Iron: 2.76mg (15.31%), Vitamin B2: 0.24mg (14.2%), Zinc: 2.01mg (13.39%), Calcium: 116.02mg (11.6%), Potassium: 387.1mg (11.06%), Vitamin B6: 0.22mg (11.06%), Vitamin E: 1.59mg (10.6%), Copper: 0.21mg (10.45%), Vitamin B5: 0.69mg (6.9%), Vitamin A: 303.21IU (6.06%), Vitamin B1: 0.08mg (5.63%), Manganese: 0.1mg (4.89%), Folate: 12.61µg (3.15%), Fiber: 0.37g (1.47%)