

Tuna on Toast

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 baguette toasted cut into 16 slices (1/2 inch each) and
- ☐ 1 tablespoon chives fresh chopped
- ☐ 6 ounces oil-packed bonito tuna spanish flaked drained canned (such as Ortiz)
- ☐ 1 tablespoon olive oil spanish extra-virgin (preferably)
- ☐ 4 plum tomatoes halved lengthwise
- ☐ 0.5 teaspoon sea salt divided
- ☐ 1 medium onion yellow thinly sliced

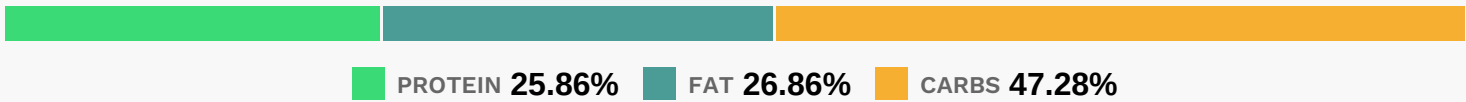
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grater

Directions

- ☐ Heat oil in a medium pan over low heat. Cook onion until golden brown, about 30 minutes. (
- ☐ Add 1 to 2 tablespoons water if onions stick.)
- ☐ Add 1/4 teaspoon sea salt; set aside.
- ☐ Place a grater over a bowl. Rub cut surfaces of tomatoes across grater. Discard skins.
- ☐ Add remaining ¼ tsp salt.
- ☐ Spread grated tomato over toasts (about 1 teaspoon per toast). Top with onion and tuna.
- ☐ Garnish with chives.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:22.72, Glycemic Load:10.92, Inflammation Score:-5, Nutrition Score:8.5273913818857%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

Nutrients (% of daily need)

Calories: 149.7kcal (7.48%), Fat: 4.43g (6.81%), Saturated Fat: 0.75g (4.7%), Carbohydrates: 17.54g (5.85%), Net Carbohydrates: 16.27g (5.92%), Sugar: 2.87g (3.19%), Cholesterol: 3.83mg (1.28%), Sodium: 429.06mg (18.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.18%), Selenium: 21.61µg (30.87%), Vitamin B3: 4.26mg (21.29%), Vitamin K: 14.65µg (13.95%), Vitamin B1: 0.21mg (13.87%), Phosphorus: 107.46mg (10.75%), Folate: 42.16µg (10.54%), Manganese: 0.2mg (10.15%), Vitamin D: 1.42µg (9.5%), Iron: 1.5mg (8.35%), Vitamin B2: 0.14mg (7.99%), Vitamin B12: 0.47µg (7.8%), Vitamin C: 5.48mg (6.65%), Vitamin A: 291.2IU (5.82%), Fiber: 1.27g (5.09%), Potassium:

177.47mg (5.07%), Magnesium: 19.66mg (4.92%), Vitamin B6: 0.1mg (4.89%), Vitamin E: 0.7mg (4.66%), Calcium: 42.29mg (4.23%), Copper: 0.08mg (3.86%), Zinc: 0.52mg (3.45%), Vitamin B5: 0.24mg (2.43%)