



Tuna Panini

READY IN



45 min.

SERVINGS



4

CALORIES



677 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 10 ounce albacore tuna in water flaked drained canned
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon fennel seeds crushed
- ☐ 1 teaspoon lemon rind grated
- ☐ 3 tablespoons canola mayonnaise organic
- ☐ 2 ounce provolone cheese
- ☐ 3 tablespoons onion red finely chopped
- ☐ 8 slices sourdough bread
- ☐ 3 slices center-cut bacon crumbled cooked

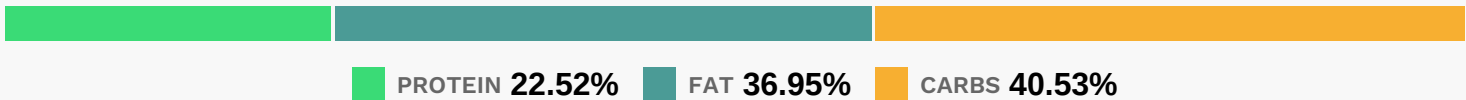
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 7 ingredients in a medium bowl, stirring well to coat.
- ☐ Place 4 bread slices on a flat surface; top each bread slice with 1 cheese slice. Divide tuna mixture evenly among bread slices; top each serving with 1 remaining bread slice.
- ☐ Heat a large skillet over medium heat. Lightly coat sandwiches with cooking spray.
- ☐ Place sandwiches in pan; top with another heavy skillet. Cook 3 minutes on each side or until lightly browned (leave skillet on sandwiches as they cook).

Nutrition Facts



Properties

Glycemic Index:54.13, Glycemic Load:51.49, Inflammation Score:-7, Nutrition Score:25.75956551925%

Flavonoids

Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 676.6kcal (33.83%), Fat: 27.58g (42.42%), Saturated Fat: 8.49g (53.04%), Carbohydrates: 68.07g (22.69%), Net Carbohydrates: 64.99g (23.63%), Sugar: 6.39g (7.1%), Cholesterol: 61.78mg (20.59%), Sodium: 1386.68mg (60.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.82g (75.65%), Selenium: 90.94µg (129.92%), Vitamin B1: 1mg (66.48%), Vitamin B3: 11.41mg (57.04%), Folate: 162.31µg (40.58%), Phosphorus: 402.63mg (40.26%), Vitamin B2: 0.65mg (38.25%), Manganese: 0.72mg (36.15%), Iron: 5.95mg (33.08%), Vitamin B12: 1.18µg (19.73%), Vitamin K: 20.33µg (19.36%), Vitamin B6: 0.38mg (19.23%), Calcium: 190.28mg (19.03%), Magnesium: 73.18mg (18.3%), Zinc: 2.48mg (16.56%), Fiber: 3.08g (12.31%), Copper: 0.25mg (12.28%), Potassium: 408.38mg (11.67%), Vitamin D: 1.62µg (10.78%), Vitamin E: 1.37mg (9.12%), Vitamin B5: 0.76mg (7.63%), Vitamin A: 156.98IU (3.14%), Vitamin C: 1.23mg (1.49%)