



Tuna-Pecan Salad Sandwiches

READY IN



12 min.

SERVINGS



4

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup celery chopped
- ☐ 4 curly kale leaves
- ☐ 4 muffins split english toasted
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 0.3 cup gala apple diced 1 small
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.3 teaspoon salt
- ☐ 12 ounce solid tuna in water white drained canned

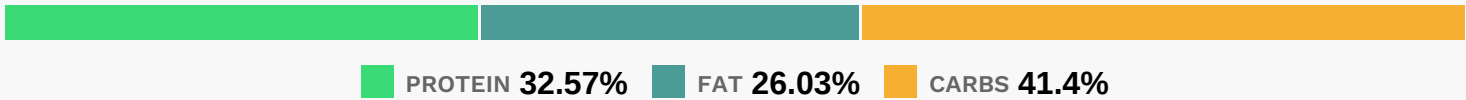
Equipment

☐ bowl

Directions

- ☐ Combine first 7 ingredients in a small bowl.
- ☐ Place a lettuce leaf on half of each English muffin. Top evenly with tuna mixture. Top with remaining English muffin halves.

Nutrition Facts



Properties

Glycemic Index:45.25, Glycemic Load:18.97, Inflammation Score:-7, Nutrition Score:16.131304346997%

Flavonoids

Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg, Epigallocatechin: 0.41mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 315.14kcal (15.76%), Fat: 9.03g (13.9%), Saturated Fat: 1.37g (8.56%), Carbohydrates: 32.33g (10.78%), Net Carbohydrates: 29.17g (10.61%), Sugar: 3.56g (3.96%), Cholesterol: 37.45mg (12.48%), Sodium: 893.07mg (38.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.44g (50.87%), Selenium: 56.32µg (80.46%), Vitamin B3: 6mg (29.98%), Manganese: 0.6mg (29.77%), Phosphorus: 287.77mg (28.78%), Vitamin K: 28.29µg (26.94%), Vitamin A: 1138.65IU (22.77%), Vitamin B12: 1.02µg (16.96%), Magnesium: 52.21mg (13.05%), Fiber: 3.16g (12.65%), Vitamin B6: 0.25mg (12.36%), Vitamin D: 1.7µg (11.34%), Vitamin B1: 0.17mg (11.25%), Potassium: 376.45mg (10.76%), Copper: 0.2mg (10.2%), Iron: 1.7mg (9.42%), Vitamin B2: 0.16mg (9.18%), Folate: 33.16µg (8.29%), Zinc: 1.17mg (7.79%), Vitamin E: 0.9mg (6%), Calcium: 57.33mg (5.73%), Vitamin B5: 0.47mg (4.67%), Vitamin C: 2.21mg (2.67%)