



Tuna Pita Melt

READY IN



15 min.

SERVINGS



1

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 dill pickle spear diced
- ☐ 1 pinch rosemary dried
- ☐ 0.5 teaspoon garlic powder
- ☐ 1.5 teaspoons mayonnaise
- ☐ 1.5 teaspoons olive oil
- ☐ 0.5 pita bread round
- ☐ 1 slice swiss cheese
- ☐ 0.3 cup tuna drained

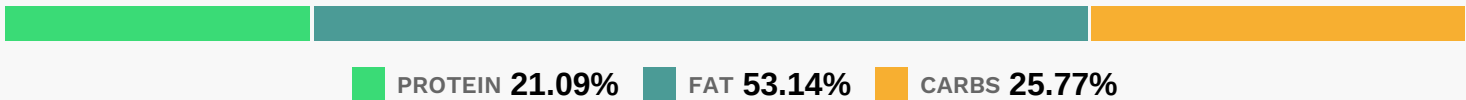
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Lightly toast pita bread.
- ☐ Break tuna chunks into small pieces in a bowl; stir in pickle, mayonnaise, olive oil, garlic powder, and rosemary until evenly blended.
- ☐ Place Swiss cheese into the pocket of the toasted pita bread and spoon in tuna mixture.
- ☐ Heat pita sandwich in the microwave on a microwave-safe dish until cheese is melted, 15 to 20 seconds.

Nutrition Facts



Properties

Glycemic Index:249, Glycemic Load:14.81, Inflammation Score:-4, Nutrition Score:11.009565379309%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 284.48kcal (14.22%), Fat: 16.76g (25.78%), Saturated Fat: 4.86g (30.37%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 16.78g (6.1%), Sugar: 0.49g (0.54%), Cholesterol: 32.19mg (10.73%), Sodium: 568.07mg (24.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.96g (29.93%), Selenium: 31.76µg (45.38%), Vitamin B12: 1.51µg (25.17%), Vitamin B3: 4.49mg (22.43%), Calcium: 214.38mg (21.44%), Phosphorus: 190.85mg (19.09%), Vitamin K: 19.17µg (18.26%), Vitamin B6: 0.2mg (9.92%), Manganese: 0.19mg (9.59%), Zinc: 1.35mg (9.03%), Vitamin E: 1.34mg (8.93%), Iron: 1.56mg (8.64%), Vitamin B2: 0.14mg (8.02%), Vitamin B1: 0.12mg (7.71%), Magnesium: 27.43mg (6.86%), Fiber: 1.5g (6.01%), Vitamin A: 257.7IU (5.15%), Potassium: 178.54mg (5.1%), Copper: 0.1mg (4.83%), Folate: 16.47µg (4.12%), Vitamin D: 0.47µg (3.16%), Vitamin B5: 0.28mg (2.79%), Vitamin C: 1.31mg (1.59%)