



Tuna Salad Melt

READY IN



45 min.

SERVINGS



6

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby spinach
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup chickpeas canned rinsed drained (garbanzo beans)
- ☐ 1 tablespoon dijon mustard
- ☐ 1 garlic clove minced
- ☐ 0.3 cup canola mayonnaise
- ☐ 6 ounce multigrain bread
- ☐ 0.3 teaspoon pepper sauce hot
- ☐ 0.3 cup onion red chopped

- ☐ 1 teaspoon red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 12 ounce solid tuna in water white flaked drained canned
- ☐ 0.3 cup swiss cheese shredded
- ☐ 3 inch tomatoes
- ☐ 0.3 cup walnuts chopped

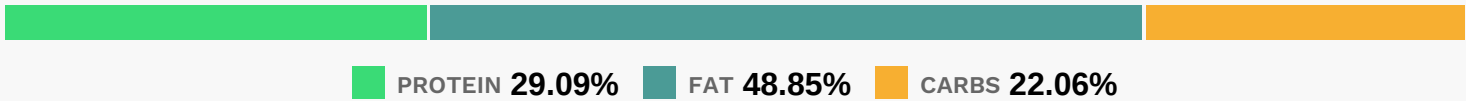
Equipment

- ☐ bowl
- ☐ broiler

Directions

- ☐ Preheat broiler to high.
- ☐ Combine first 11 ingredients in a medium bowl; toss gently to coat.
- ☐ Top bread evenly with cheese; broil 4 minutes or until bubbly. Arrange 2 tomato slices and about 1/3 cup tuna mixture over each bread slice. Top sandwiches evenly with spinach.

Nutrition Facts



Properties

Glycemic Index:66.34, Glycemic Load:7.95, Inflammation Score:-6, Nutrition Score:15.898695759151%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg, Quercetin: 1.57mg

Nutrients (% of daily need)

Calories: 276.44kcal (13.82%), Fat: 14.97g (23.02%), Saturated Fat: 3.17g (19.81%), Carbohydrates: 15.21g (5.07%), Net Carbohydrates: 12.48g (4.54%), Sugar: 1.81g (2.01%), Cholesterol: 33.31mg (11.1%), Sodium: 660.95mg (28.74%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.05g (40.1%), Selenium: 47.97µg (68.54%), Manganese: 0.94mg (46.76%), Vitamin K: 43.66µg (41.58%), Phosphorus: 250.37mg (25.04%), Vitamin B3: 4.68mg (23.41%), Magnesium: 58.57mg (14.64%), Vitamin B12: 0.86µg (14.26%), Vitamin B6: 0.28mg (13.76%), Calcium: 125.48mg (12.55%), Vitamin A: 552.62IU (11.05%), Fiber: 2.73g (10.91%), Vitamin B1: 0.15mg (9.95%), Iron: 1.75mg (9.74%), Copper: 0.19mg (9.72%), Zinc: 1.31mg (8.73%), Potassium: 291.93mg (8.34%), Folate: 31.92µg (7.98%), Vitamin D: 1.15µg (7.68%), Vitamin E: 1.13mg (7.55%), Vitamin B2: 0.11mg (6.73%), Vitamin B5: 0.38mg (3.8%), Vitamin C: 2.44mg (2.95%)