



Tuna Salad Sandwich

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



270 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 ounce tuna packed in olive oil canned
- 2 teaspoons capers minced drained
- 1 rib celery diced
- 1 leaf curly lettuce green
- 2 large eggs
- 1 inch bread french soft
- 2 tablespoons parsley fresh chopped
- 0.5 fuji apple diced unpeeled

- 10 kalamata olives pitted roughly chopped
- 4 servings kosher salt and pepper black freshly ground
- 0.3 cup mayonnaise

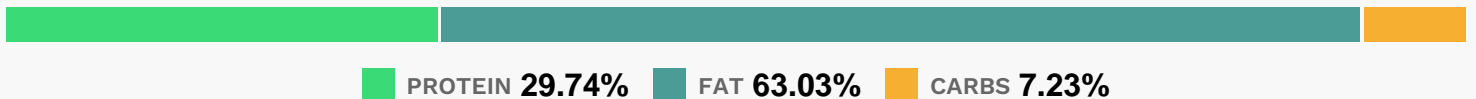
Equipment

- bowl
- sauce pan
- serrated knife

Directions

- Watch how to make this recipe.
- Place the eggs in a small saucepan and cover with cold water. Bring to a boil, cover with a lid and turn off the heat.
- Let the eggs sit in the hot water for 15 minutes. Rinse under cold water to cool, then remove from the shells, finely chop and add to a medium bowl.
- Mix in the mayonnaise and capers until well blended. Stir in the parsley, olives, celery and apples.
- Drain the tuna from the oil, then fold into the dressing. Taste for seasoning and add salt and pepper to taste. (The capers and olives are salty so be careful not to over-season).
- Slice the baguette down the center into 2 pieces using a serrated knife and slice across into 4 equal pieces. Scoop tuna salad down the center of the bread, top with lettuce and sandwich with the top pieces of bread.

Nutrition Facts



Properties

Glycemic Index:64.63, Glycemic Load:1.21, Inflammation Score:-6, Nutrition Score:17.495651939641%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg,

Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg
Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg,
Epigallocatechin 3-gallate: 0.04mg Apigenin: 4.6mg, Apigenin: 4.6mg, Apigenin: 4.6mg, Apigenin: 4.6mg Luteolin:
0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 1.4mg, Kaempferol: 1.4mg, Kaempferol:
1.4mg, Kaempferol: 1.4mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin:
2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 270.43kcal (13.52%), Fat: 18.77g (28.88%), Saturated Fat: 3.38g (21.13%), Carbohydrates: 4.85g (1.62%),
Net Carbohydrates: 3.63g (1.32%), Sugar: 2.83g (3.15%), Cholesterol: 131.46mg (43.82%), Sodium: 538.18mg
(23.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.93g (39.86%), Selenium: 66.12µg (94.46%), Vitamin
K: 72.02µg (68.59%), Vitamin B3: 8.61mg (43.05%), Vitamin B12: 2.43µg (40.51%), Phosphorus: 178.38mg (17.84%),
Vitamin B6: 0.34mg (17.11%), Vitamin A: 730.93IU (14.62%), Vitamin B2: 0.21mg (12.29%), Iron: 2.2mg (12.22%),
Vitamin E: 1.64mg (10.92%), Vitamin D: 1.56µg (10.39%), Potassium: 263.05mg (7.52%), Magnesium: 28.26mg
(7.07%), Folate: 26.11µg (6.53%), Zinc: 0.98mg (6.51%), Vitamin B5: 0.6mg (5.99%), Vitamin C: 4.39mg (5.32%),
Fiber: 1.22g (4.88%), Copper: 0.09mg (4.7%), Calcium: 46.61mg (4.66%), Vitamin B1: 0.05mg (3.63%), Manganese:
0.07mg (3.59%)