



Tuna Salad Sandwiches

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

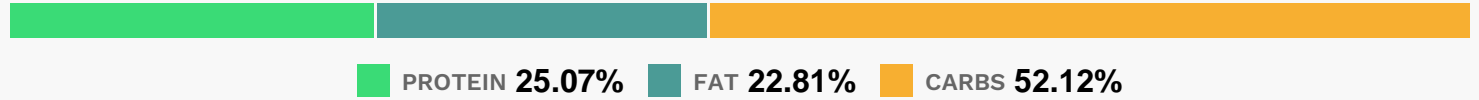
- 0.5 cup carrots shredded
- 3 large lettuce leaves
- 1 Tbsp claussen pickle relish sweet
- 1 Tbsp raisins
- 0.3 cup mayo reduced fat mayonnaise light kraft
- 5 oz tuna in water white flaked drained canned
- 6 slices bread whole wheat

Equipment

Directions

- Mix first 5 ingredients.
- Fill bread slices with tuna mixture and lettuce to make 3 sandwiches.

Nutrition Facts



Properties

Glycemic Index:11.69, Glycemic Load:3.45, Inflammation Score:-6, Nutrition Score:4.4421739215436%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 52.57kcal (2.63%), Fat: 1.34g (2.05%), Saturated Fat: 0.24g (1.47%), Carbohydrates: 6.87g (2.29%), Net Carbohydrates: 5.95g (2.16%), Sugar: 1.17g (1.3%), Cholesterol: 4mg (1.33%), Sodium: 114.65mg (4.98%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.3g (6.61%), Vitamin A: 1088.7IU (21.77%), Selenium: 9.43µg (13.48%), Manganese: 0.26mg (13.22%), Vitamin B3: 1.51mg (7.54%), Phosphorus: 41.03mg (4.1%), Vitamin K: 4.3µg (4.09%), Vitamin B12: 0.24µg (4.05%), Vitamin B1: 0.06mg (3.71%), Fiber: 0.92g (3.67%), Vitamin B6: 0.07mg (3.36%), Magnesium: 12.36mg (3.09%), Iron: 0.54mg (3%), Calcium: 23.63mg (2.36%), Potassium: 77.25mg (2.21%), Vitamin B2: 0.04mg (2.1%), Folate: 7.91µg (1.98%), Zinc: 0.29mg (1.9%), Copper: 0.04mg (1.82%), Vitamin E: 0.22mg (1.48%), Vitamin C: 1.18mg (1.43%), Vitamin B5: 0.11mg (1.05%)