



Tuna Salad Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



163 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup celery diced
- 2 tablespoons parsley fresh minced
- 0.1 teaspoon ground pepper white
- 2 tablespoons juice of lemon
- 0.3 cup mayonnaise light
- 0.5 cup onion minced
- 2 tablespoons bottled roasted bell peppers red chopped
- 8 romaine lettuce leaves

12 ounce tuna in water white chunk flaked drained canned

1 ounce bread whole wheat

Equipment

bowl

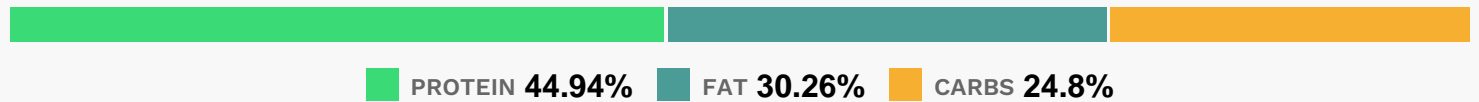
Directions

Combine first 8 ingredients in a medium bowl; stir well.

Spread tuna mixture evenly on 4 bread slices. Top each with 2 lettuce leaves and 1 bread slice.

carbo rating: 26

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:2.35, Inflammation Score:-10, Nutrition Score:24.208261023397%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.85mg, Apigenin: 4.85mg, Apigenin: 4.85mg, Apigenin: 4.85mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg, Quercetin: 5.4mg

Nutrients (% of daily need)

Calories: 163.03kcal (8.15%), Fat: 5.47g (8.42%), Saturated Fat: 0.93g (5.84%), Carbohydrates: 10.09g (3.36%), Net Carbohydrates: 7.66g (2.78%), Sugar: 2.95g (3.28%), Cholesterol: 33.6mg (11.2%), Sodium: 495.37mg (21.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.29g (36.58%), Vitamin A: 5232.16IU (104.64%), Vitamin K: 106.58µg (101.5%), Selenium: 60.41µg (86.3%), Vitamin B3: 9.09mg (45.43%), Vitamin B12: 2.19µg (36.43%), Folate: 99.63µg (24.91%), Vitamin B6: 0.39mg (19.29%), Phosphorus: 164.84mg (16.48%), Vitamin C: 13.32mg (16.15%), Manganese: 0.32mg (15.98%), Iron: 2.45mg (13.61%), Potassium: 419.59mg (11.99%), Magnesium: 39.63mg (9.91%), Fiber: 2.44g (9.75%), Vitamin B2: 0.14mg (8.27%), Vitamin B1: 0.11mg (7.57%), Vitamin D: 1.02µg (6.8%), Calcium: 65.04mg (6.5%), Zinc: 0.93mg (6.17%), Vitamin E: 0.88mg (5.88%), Copper: 0.12mg (5.8%), Vitamin B5: 0.36mg

(3.57%)