



Tuna Salad Sandwiches

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



307 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 oz water-packed tuna drained canned
- 0.5 cup celery chopped
- 0.3 cup onion chopped
- 0.5 cup salad dressing
- 1 teaspoon juice of lemon
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 8 slices bread

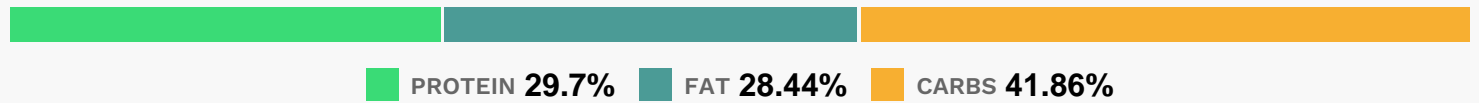
Equipment

bowl

Directions

- In a medium bowl, mix the tuna, celery, onion, mayonnaise, lemon juice, salt and pepper.
- Spread tuna mixture on 4 bread slices. Top with remaining bread slices.

Nutrition Facts



Properties

Glycemic Index:37.42, Glycemic Load:14.57, Inflammation Score:-5, Nutrition Score:19.049130543419%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 306.84kcal (15.34%), Fat: 9.57g (14.73%), Saturated Fat: 1.46g (9.12%), Carbohydrates: 31.7g (10.57%), Net Carbohydrates: 29.05g (10.56%), Sugar: 7.01g (7.79%), Cholesterol: 30.62mg (10.21%), Sodium: 898.71mg (39.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.49g (44.97%), Selenium: 74.49µg (106.41%), Vitamin B3: 11.66mg (58.3%), Manganese: 0.74mg (36.76%), Vitamin B12: 2.19µg (36.43%), Vitamin K: 23.31µg (22.2%), Phosphorus: 199.39mg (19.94%), Iron: 3.57mg (19.85%), Vitamin B6: 0.38mg (18.77%), Vitamin B1: 0.27mg (17.95%), Folate: 57.72µg (14.43%), Vitamin B2: 0.22mg (13.01%), Magnesium: 46.67mg (11.67%), Fiber: 2.65g (10.59%), Calcium: 97.2mg (9.72%), Potassium: 303.72mg (8.68%), Zinc: 1.2mg (8%), Vitamin E: 1.07mg (7.13%), Copper: 0.14mg (6.98%), Vitamin D: 1.02µg (6.8%), Vitamin B5: 0.63mg (6.32%), Vitamin A: 117.82IU (2.36%), Vitamin C: 1.84mg (2.24%)