



Tuna Salad Sandwiches with Lemon Rémolade

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



258 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

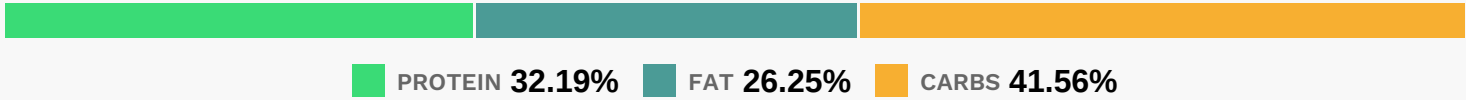
- ☐ 12 ounces water-packed tuna packed in water, drained and flaked canned
- ☐ 4 crusty rolls split french (6 to 8 inches long)
- ☐ 2 tablespoons lemon zest grated
- ☐ 1 cup the of 1 cos lettuce thinly sliced
- ☐ 0.5 cup tartar sauce

Equipment

Directions

- ☐ Mix tuna, tartar sauce and lemon peel.
- ☐ Fill rolls with romaine and tuna salad

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:17.938695721004%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 258.14kcal (12.91%), Fat: 7.37g (11.34%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 26.24g (8.75%), Net Carbohydrates: 24.16g (8.79%), Sugar: 1.59g (1.76%), Cholesterol: 32.58mg (10.86%), Sodium: 620.96mg (27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.33g (40.65%), Selenium: 69.98µg (99.97%), Vitamin B3: 10.38mg (51.91%), Vitamin B12: 2.19µg (36.52%), Vitamin K: 27.1µg (25.81%), Vitamin A: 1119.6IU (22.39%), Vitamin B1: 0.27mg (17.68%), Folate: 69.76µg (17.44%), Phosphorus: 161.28mg (16.13%), Vitamin B6: 0.32mg (15.76%), Iron: 2.79mg (15.52%), Manganese: 0.3mg (15.24%), Vitamin B2: 0.22mg (12.77%), Fiber: 2.08g (8.32%), Magnesium: 31.94mg (7.98%), Potassium: 251.57mg (7.19%), Calcium: 69.62mg (6.96%), Vitamin D: 1.02µg (6.8%), Zinc: 1.02mg (6.78%), Vitamin C: 4.98mg (6.04%), Vitamin E: 0.9mg (6.02%), Copper: 0.11mg (5.69%), Vitamin B5: 0.37mg (3.67%)