

## Tuna Sandwich Melts

READY IN



40 min.

SERVINGS



40

CALORIES



23 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 cup celery sliced
- 0.3 cup miracle whip dressing
- 0.3 cup onion chopped
- 4 kaiser rolls split
- 6 oz tuna in water white flaked drained canned
- 4 oz velveeta®
- 4 oz velveeta®

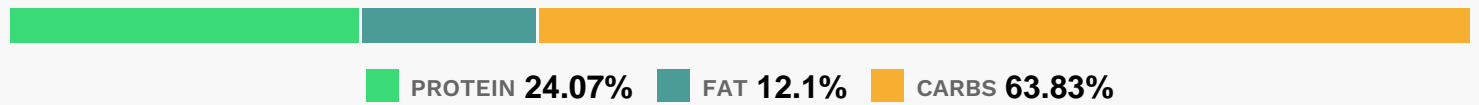
## Equipment

- oven
- aluminum foil

## Directions

- Preheat oven to 375F.
- Mix all ingredients except rolls.
- Fill rolls with tuna mixture. Wrap each roll in foil.
- Bake 20 to 25 minutes or until heated through.

## Nutrition Facts



## Properties

Glycemic Index:3.3, Glycemic Load:2.32, Inflammation Score:-1, Nutrition Score:0.86217392106419%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 23.07kcal (1.15%), Fat: 0.31g (0.47%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 3.46g (1.26%), Sugar: 0.66g (0.73%), Cholesterol: 1.67mg (0.56%), Sodium: 52.17mg (2.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.74%), Iron: 1.14mg (6.35%), Selenium: 2.89µg (4.13%), Vitamin B3: 0.43mg (2.14%), Vitamin B12: 0.11µg (1.82%)