



Tuna Twister Melt

READY IN



10 min.

SERVINGS



10

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp celery chopped
- 2 6-inch flour tortillas ()
- 1 Tbsp claussen pickle relish sweet
- 1 Tbsp mayo reduced fat mayonnaise light kraft
- 0.3 cup milk sharp cheddar cheese shredded 2% kraft
- 0.3 cup water-packed tuna canned drained

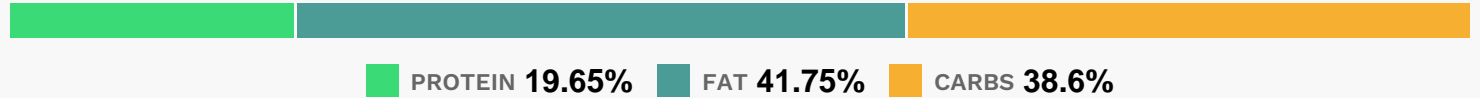
Equipment

- microwave

Directions

- Mix tuna, cheese, celery, mayo and relish.
- Spread onto tortillas; roll up.
- Place, seam-sides down, on microwaveable plate. Microwave on HIGH 20 sec. or until cheese begins to melt.

Nutrition Facts



Properties

Glycemic Index:9.3, Glycemic Load:0.96, Inflammation Score:-1, Nutrition Score:1.6513043632326%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 38.84kcal (1.94%), Fat: 1.8g (2.76%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 3.74g (1.25%), Net Carbohydrates: 3.49g (1.27%), Sugar: 0.74g (0.82%), Cholesterol: 4.43mg (1.48%), Sodium: 96.01mg (4.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.81%), Selenium: 4.79µg (6.84%), Vitamin B3: 0.66mg (3.29%), Phosphorus: 31.35mg (3.14%), Calcium: 30.15mg (3.02%), Vitamin K: 2.96µg (2.82%), Vitamin B1: 0.03mg (2.17%), Vitamin B12: 0.13µg (2.15%), Vitamin B2: 0.03mg (1.99%), Folate: 7µg (1.75%), Iron: 0.3mg (1.69%), Manganese: 0.03mg (1.63%), Vitamin A: 56.49IU (1.13%), Zinc: 0.17mg (1.11%)