



Tuscan Tuna-and-Bean Sandwiches

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



280 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 14 oz .5 can cannellini beans rinsed drained canned
- ☐ 1 rib celery finely chopped
- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 2 garlic cloves finely chopped
- ☐ 0.3 cup kalamata black pitted finely chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil

- ☐ 2 tablespoons onion red finely chopped
- ☐ 2.7 inch rustic bread italian (from a round crusty loaf) (4-inch-long)
- ☐ 0.3 teaspoon salt
- ☐ 12 oz tuna italian drained in oil canned
- ☐ 1 cup watercress sprigs loosely packed trimmed

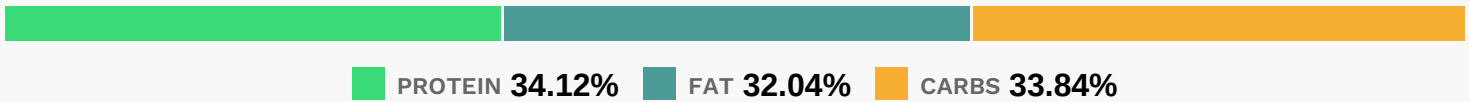
Equipment

- ☐ bowl

Directions

- ☐ Coarsely mash beans with a fork in a bowl, then stir in garlic, lemon juice, oil, parsley, salt, and pepper.
- ☐ Flake tuna in a bowl with a fork, then stir in basil, olives, celery, onion, oil, lemon juice, salt, and pepper until combined.
- ☐ Spoon one fourth of bean mixture on 1 slice of bread, then top with one fourth of tuna salad, some watercress, and a slice of bread. Make 3 more sandwiches in same manner.

Nutrition Facts



Properties

Glycemic Index:54, Glycemic Load:5.34, Inflammation Score:-7, Nutrition Score:21.786956621253%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg, Kaempferol: 2.02mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg, Quercetin: 3.61mg

Nutrients (% of daily need)

Calories: 280.13kcal (14.01%), Fat: 10.02g (15.42%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 23.82g (7.94%),
Net Carbohydrates: 18.46g (6.71%), Sugar: 1.22g (1.35%), Cholesterol: 30.62mg (10.21%), Sodium: 479.92mg
(20.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.01g (48.03%), Selenium: 59.65µg (85.22%),
Vitamin K: 61.65µg (58.72%), Vitamin B3: 8.71mg (43.55%), Vitamin B12: 2.19µg (36.43%), Manganese: 0.59mg
(29.58%), Iron: 4.69mg (26.06%), Phosphorus: 218.24mg (21.82%), Fiber: 5.36g (21.43%), Vitamin B6: 0.39mg
(19.43%), Potassium: 665.27mg (19.01%), Magnesium: 75.4mg (18.85%), Folate: 74.87µg (18.72%), Vitamin E: 2.5mg
(16.69%), Copper: 0.3mg (14.94%), Zinc: 1.74mg (11.6%), Calcium: 109.72mg (10.97%), Vitamin A: 523.28IU (10.47%),
Vitamin C: 8.61mg (10.44%), Vitamin B1: 0.14mg (9.37%), Vitamin B2: 0.12mg (7.33%), Vitamin D: 1.02µg (6.8%),
Vitamin B5: 0.37mg (3.67%)