



Tuscan Tuna Sandwiches

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



204 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons capers drained
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 0.3 cup fennel bulb finely chopped
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup prechopped onion red
- ☐ 4 ounce roasted bell peppers red drained chopped

- ☐ 12 ounce solid tuna in water white drained canned
- ☐ 1 ounce sourdough bread toasted

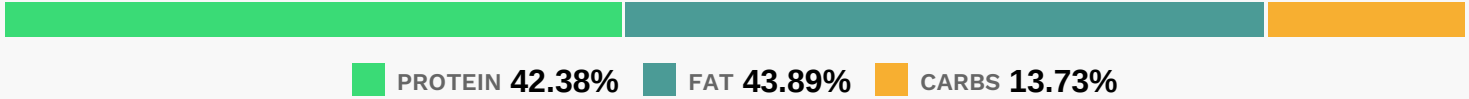
Equipment

- ☐ bowl

Directions

- ☐ Combine chopped fennel, red onion, 1/4 cup basil, capers, lemon juice, olive oil, 1/4 teaspoon black pepper, tuna, and bell peppers in a bowl, stirring well. Spoon 1/2 cup tuna mixture on each of 4 bread slices. Top each serving with 1 bread slice.
- ☐ Cut each sandwich in half diagonally.

Nutrition Facts



Properties

Glycemic Index:63.63, Glycemic Load:3.17, Inflammation Score:-5, Nutrition Score:12.936956488568%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg, Kaempferol: 5.32mg Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg, Quercetin: 8.97mg

Nutrients (% of daily need)

Calories: 204.04kcal (10.2%), Fat: 9.87g (15.18%), Saturated Fat: 1.71g (10.71%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 5.91g (2.15%), Sugar: 1.18g (1.31%), Cholesterol: 35.72mg (11.91%), Sodium: 865.69mg (37.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.44g (42.88%), Selenium: 58.14µg (83.06%), Vitamin B3: 5.52mg (27.62%), Vitamin C: 17.92mg (21.72%), Phosphorus: 205.32mg (20.53%), Vitamin B12: 1µg (16.58%), Vitamin K: 17.26µg (16.44%), Vitamin B6: 0.26mg (13.21%), Vitamin E: 1.84mg (12.26%), Vitamin D: 1.7µg (11.34%), Magnesium: 38.32mg (9.58%), Potassium: 303.84mg (8.68%), Iron: 1.56mg (8.67%), Manganese: 0.16mg (7.96%), Copper: 0.11mg (5.59%), Folate: 21.78µg (5.45%), Vitamin B2: 0.09mg (5.22%), Vitamin A: 257.69IU (5.15%), Vitamin B1: 0.07mg (4.83%), Fiber: 1.04g (4.16%), Zinc: 0.59mg (3.94%), Calcium: 37.51mg (3.75%), Vitamin B5: 0.18mg (1.81%)