

Toasted Tuna & Bacon Sandwich

Servings: 8

1 cup light mayonnaise
 2 cans (12 ounces ea) tuna, drained and flaked
 1 cup chopped celery OR gherkin pickles
 16 slices whole grain bread, toasted
 8 slices american cheese
 8 slices bacon or turkey bacon, halved and cooked

Preheat the oven to 400 degrees.

In a medium bowl, combine the mayonnaise, tuna and celery.

Evenly spread the tuna mixture on eight toasted bread slices. Top with a slice of cheese and two bacon half pieces.

Arrange the bread on a cookie sheet and bake until the cheese is melted, about 5 minutes.

Top with a second slice of toast, if desired.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 761 Calories; 47g Fat (54.3% calories from fat); 43g Protein; 45g Carbohydrate; 6g Dietary Fiber; 134mg Cholesterol; 2224mg Sodium. Exchanges: 2 1/2 Grain(Starch); 5 Lean Meat; 6 1/2 Fat; 1/2 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	761	Vitamin B6 (mg):	.4mg
% Calories from Fat:	54.3%	Vitamin B12 (mcg):	4.8mcg
% Calories from Carbohydrates:	23.4%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	22.3%	Riboflavin B2 (mg):	.7mg
Total Fat (g):	47g	Folacin (mcg):	52mcg
Saturated Fat (g):	25g	Niacin (mg):	7mg
Monounsaturated Fat (g):	13g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	134mg	% Daily Value:	0%
Carbohydrate (g):	45g		
Dietary Fiber (g):	6g		
	43g		

Food Exchanges

Grain (Starch):	2 1/2
	5
	1

Protein (g):
Sodium (mg): 2224mg
Potassium (mg): 505mg
Calcium (mg): 759mg
Iron (mg): 4mg
Zinc (mg): 5mg
Vitamin C (mg): 0mg
Vitamin A (i.u.): 2296IU
Vitamin A (r.e.): 606RE

Lean Meat:
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 6 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 761 **Calories from Fat:** 413

% Daily Values*

Total Fat	47g	72%
Saturated Fat	25g	123%
Cholesterol	134mg	45%
Sodium	2224mg	93%
Total Carbohydrates	45g	15%
Dietary Fiber	6g	23%
Protein	43g	
<hr/>		
Vitamin A		46%
Vitamin C		0%
Calcium		76%
Iron		20%

* Percent Daily Values are based on a 2000 calorie diet.