

Tuna Melt Tostadas

Andi Gleeson, wearychef.com - San Francisco
CommunityTable.com

Servings: 3

1 can (15 ounce) tuna in water,
drained
1/2 cup reduced-fat mayonnaise
2 tablespoons spicy brown mustard
1/4 cup dill pickle relish
1/2 teaspoon salt
pepper
6 corn tostadas
1 cup sharp cheddar cheese, shredded
1 head romaine lettuce, sliced into
1/4-inch strips
4 Roma tomatoes, diced
1 avocado, diced
light sour cream

Preheat the oven to 375 degrees.

In a bowl, stir together the tuna, mayonnaise, mustard, relish, salt and pepper.

Spread the mixture evenly over each tostada and sprinkle cheese on top.

Bake for 8 minutes until the cheese is melted and the tostada edges are just starting to brown.

Remove from the oven. Top with lettuce, tomato, avocados, sour cream, salt and pepper.

Per Serving (excluding unknown items): 345 Calories; 23g Fat (55.0% calories from fat); 20g Protein; 21g Carbohydrate; 8g Dietary Fiber; 29mg Cholesterol; 760mg Sodium. Exchanges: 2 Lean Meat; 3 Vegetable; 1/2 Fruit; 4 Fat; 0 Other Carbohydrates.

Seafood

Per Serving Nutritional Analysis

Calories (kcal):	345	Vitamin B6 (mg):	.6mg
% Calories from Fat:	55.0%	Vitamin B12 (mcg):	1.5mcg
% Calories from Carbohydrates:	23.2%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	21.8%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	23g	Folacin (mcg):	428mcg
Saturated Fat (g):	3g	Niacin (mg):	10mg
Monounsaturated Fat (g):	8g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	29mg	% Daily Value*	n n%

Carbohydrate (g):	21g
Dietary Fiber (g):	8g
Protein (g):	20g
Sodium (mg):	760mg
Potassium (mg):	1659mg
Calcium (mg):	119mg
Iron (mg):	5mg
Zinc (mg):	1mg
Vitamin C (mg):	100mg
Vitamin A (i.u.):	8349IU
Vitamin A (r.e.):	841RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	2
Vegetable:	3
Fruit:	1/2
Non-Fat Milk:	0
Fat:	4
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 3

Amount Per Serving

Calories	345	Calories from Fat: 190
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% Daily Values*

Total Fat	23g	35%
Saturated Fat	3g	16%
Cholesterol	29mg	10%
Sodium	760mg	32%
Total Carbohydrates	21g	7%
Dietary Fiber	8g	32%
Protein	20g	

Vitamin A	167%
Vitamin C	167%
Calcium	12%
Iron	28%

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