

Tuna Melts with Pickled Onions

Dash Magazine - September, 2013

Servings: 4

1/2 red onion, sliced
1/4 cup rice vinegar
3 cans (6 ounce) chunk albacore tuna
packed in water, drained and flaked
2/3 cup (about 2) celery hearts, finely
diced
1/3 cup (about 1/4 onion) sweet
onion, finely diced
1/4 cup mayonnaise
1 tablespoon yellow mustard
Kosher salt
freshly ground pepper
4 slices whole wheat bread
4 slices American or Cheddar cheese

Preparation Time: 20 minutes

Soak the red onion in the vinegar for at least 15 minutes. Drain.

Meanwhile, preheat the oven to broil.

In a medium bowl, combine the tuna, celery, sweet onion, mayonnaise and mustard. Season with salt and pepper.

Divide the tuna salad among the bread slices. Add one slice of cheese each.

Arrange the slices on a rimmed baking sheet.

Broil until the cheese melts. Top with the pickled red onions.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 183 Calories; 13g Fat (59.6% calories from fat); 3g Protein; 17g Carbohydrate; 3g Dietary Fiber; 5mg Cholesterol; 274mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|-------|
| Calories (kcal): | 183 | Vitamin B6 (mg): | .2mg |
| % Calories from Fat: | 59.6% | Vitamin B12 (mcg): | trace |
| % Calories from Carbohydrates: | 33.5% | Thiamin B1 (mg): | .1mg |
| % Calories from Protein: | 6.8% | Riboflavin B2 (mg): | .1mg |
| Total Fat (g): | 13g | Folacin (mcg): | 21mcg |
| Saturated Fat (g): | 2g | Niacin (mg): | 1mg |
| Monounsaturated Fat (g): | 4g | Caffeine (mg): | 0mg |

| | |
|---------------------------------|---------|
| Polyunsaturated Fat (g): | 6g |
| Cholesterol (mg): | 5mg |
| Carbohydrate (g): | 17g |
| Dietary Fiber (g): | 3g |
| Protein (g): | 3g |
| Sodium (mg): | 274mg |
| Potassium (mg): | 141mg |
| Calcium (mg): | 33mg |
| Iron (mg): | 1mg |
| Zinc (mg): | 1mg |
| Vitamin C (mg): | 2mg |
| Vitamin A (i.u.): | 39IU |
| Vitamin A (r.e.): | 7 1/2RE |

| | |
|------------------------|----|
| Alcohol (kcal): | 0 |
| % Daily Value* | 0% |

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

| | | |
|-----------------|-----|-------------------------------|
| Calories | 183 | Calories from Fat: 109 |
|-----------------|-----|-------------------------------|

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | 13g | 20% |
| Saturated Fat | 2g | 9% |
| Cholesterol | 5mg | 2% |
| Sodium | 274mg | 11% |
| Total Carbohydrates | 17g | 6% |
| Dietary Fiber | 3g | 10% |
| Protein | 3g | |
| Vitamin A | | 1% |
| Vitamin C | | 3% |
| Calcium | | 3% |
| Iron | | 7% |

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