



A Nutrition Resource

TUNA MELT SANDWICH

Yield: 4 Servings | Serving Size: 1 sandwich

Cost/Serving: \$1.41

Ingredients:

- 2 (6-ounce) cans tuna, canned in water and drained
- 1 bunch green onions, chopped or 1/3 cup chopped onion
- 6 Tablespoons low-fat plain yogurt
- 1/8 teaspoon black pepper
- 1/8 teaspoon garlic powder
- 4 slices whole wheat bread, whole grain rolls, English muffins, or pita bread
- 4 tomato slices (1 medium tomato)
- 4 - 3-ounce slices cheddar cheese

Directions:

- 1) Preheat oven to 350°F.
- 2) In medium-size bowl, combine tuna, onion, yogurt, pepper, and garlic powder. Mix well.
- 3) Place bread on baking sheet.
- 4) Spoon about one-fourth of the tuna mixture on each piece of bread, spreading nearly to the edges. Add a tomato slice.
- 5) Bake 5 minutes.
- 6) Add a cheese slice on top of each sandwich and retire to oven for another 5 minutes, or until cheese is melted and bread is toasted. Serve.

Variations: Serve tuna spread with whole grain crackers. Add 1 chopped celery stalk and 1 chopped pickle or a little relish to the tuna spread.

Nutrition Facts

4 servings per container
Serving size 1 sandwich (216g)

Amount per serving	
Calories	280
	% Daily Value*
Total Fat 9g	12%
Saturated Fat 4.5g	23%
<i>Trans Fat</i> 0g	
Cholesterol 45mg	15%
Sodium 320mg	14%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 258mg	20%
Iron 2mg	10%
Potassium 423mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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