



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

\*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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