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Dijon-Cilantro Tuna Salad on Whole Grain Bread •

This Dijon-Cilantro Tuna Salad on Whole Grain Bread is a delicious and healthy sandwich option. It combines the flavors of Dijon mustard and fresh cilantro with tuna and is served on whole grain bread. It is perfect for a quick and easy lunch or dinner.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	canned tuna
2 tsp	dijon mustard
2 tbsp	fresh cilantro
4 slices	whole grain bread

Directions

Step 1

Mixing

In a mixing bowl, combine the canned tuna, Dijon mustard, and fresh cilantro.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spreading

Spread the tuna salad mixture onto 2 slices of whole grain bread.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Top each slice of bread with another slice to make a sandwich.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Cutting

Cut the sandwiches in half and serve.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 2 g

Protein: 25 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	20 g	36.36%	40%
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	50 mg	5%	5%
Iron	2 mg	25%	11.11%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Meal Type

Breakfast Lunch Snack Supper

Course

Drinks Salads Snacks

Cultural

Chinese New Year Diwali Oktoberfest Ramadan Thanksgiving Easter

Cost

Under \$10 \$20 to \$30 \$40 to \$50

Demographics

Kids Friendly Teen Friendly Lactation Friendly Diabetic Friendly

Diet

Mediterranean Diet

Difficulty Level

Easy

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