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Spicy Capers Tuna Melt ♦

Spicy Capers Tuna Melt is a delicious sandwich made with tuna, capers, and melted cheese. It is a perfect combination of flavors and textures, and it is easy to make. The sandwich is typically served hot, and it can be enjoyed as a snack, lunch, or dinner.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	canned tuna
10 g	Capers
30 g	mayonnaise
10 g	dijon mustard
20 g	red onion

100 g	Cheddar Cheese
4 pieces	bread slices
20 g	butter

Directions

Step 1

In a bowl, mix the canned tuna, capers, mayonnaise, Dijon mustard, and finely chopped red onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spread butter on one side of each bread slice.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Place a slice of cheddar cheese on the unbuttered side of two bread slices.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Divide the tuna mixture evenly between the two bread slices with cheese.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Top with the remaining two bread slices, buttered side facing up.

Prep Time: 1 mins

Cook Time: 0 mins

Step 6

Stove

Heat a non-stick skillet over medium heat.

Prep Time: 1 mins

Cook Time: 0 mins

Step 7

Stove

Place the sandwiches in the skillet and cook for 3-4 minutes on each side, until the bread is golden brown and the cheese is melted.

Prep Time: 0 mins

Cook Time: 8 mins

Step 8

Remove from the skillet and let cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
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	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	15 g	53.57%	60%
Cholesterol	40 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	200 mg	20%	20%
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

Cuisines

Italian

Course

Appetizers

Main Dishes

Salads

Snacks

Cultural

Chinese New Year

Passover

Easter

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Anti-Inflammatory Diet

Cooking Method

Boiling

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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