



**SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION**

# Bountiful Backpack

## Tuna Melt Sandwich



**Serves:** 8

**Serving Size:** 1 sandwich

### Ingredients:

- 24 ounces canned reduced-sodium tuna, canned in water, drained
- 2 Tablespoons minced onions
- 6 Tablespoons light mayonnaise
- 1/8 teaspoon black pepper, optional
- 1/4 teaspoon garlic powder
- 8 slices whole-wheat bread
- 8 slices (6 ounces) low-fat cheese

### Directions:

1. Wash hands.
2. Preheat oven to 350 degrees F.
3. In medium-size bowl, combine tuna, onion, mayonnaise, pepper, and garlic powder. Mix well.
4. Place bread on baking sheet. Spoon about 1/4 of the tuna mixture on each piece of bread.
5. Bake 5 minutes.
6. Add cheese on top of each sandwich and return to oven for another 5 minutes, or until cheese is melted and bread is toasted.
7. Serve immediately.

### Nutrition Facts

8 servings per recipe

**Serving size 1 sandwich (169g)**

Amount Per Serving

**Calories 350**

% Daily Value\*

<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 630mg	<b>27%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 2g	7%
<b>Total Sugars</b> 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 31g	<b>62%</b>
Vitamin D 0mcg	0%
Calcium 195mg	15%
Iron 2.7mg	15%
Potassium 0mg	0%
Vitamin A	8%

\* The % Daily Value (DV) 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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