

Open Face Tuna Melt

*Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers*

1 can (4.5 ounce) tuna in water
1/4 cup shredded carrots
1/4 cup celery, diced
1 tablespoon sweet onion, minced
1 tablespoon mayonnaise
1 teaspoon red wine vinegar
salt (to taste)
pepper (to taste)
2 slices bread
2 slices American cheese
2 slices ripe tomato
olive oil spray

In a bowl, mix the tuna, celery, carrots, onion, mayonnaise, vinegar, salt and pepper.

In a large skillet over low heat, heat the olive oil spray.

Place the two slices of bread in the skillet. Top with a slice of cheese on each piece of bread. Divide the tuna salad and the tomato.

Cook on low heat until the cheese melts and the bread is crusty. Serve while hot.

Per Serving (excluding unknown items): 1333 Calories; 86g Fat (57.9% calories from fat); 96g Protein; 45g Carbohydrate; 5g Dietary Fiber; 265mg Cholesterol; 4159mg Sodium. Exchanges: 1 1/2 Grain(Starch); 12 1/2 Lean Meat; 3 Vegetable; 11 Fat; 0 Other Carbohydrates.

Sandwiches

Per Serving Nutritional Analysis

Calories (kcal):	1333
% Calories from Fat:	57.9%
% Calories from Carbohydrates:	13.4%
% Calories from Protein:	28.7%
Total Fat (g):	86g
Saturated Fat (g):	47g
Monounsaturated Fat (g):	25g
Polyunsaturated Fat (g):	9g
Cholesterol (mg):	265mg
Carbohydrate (g):	45g
Dietary Fiber (g):	5g
	96g

Vitamin B6 (mg):	1.0mg
Vitamin B12 (mcg):	6.2mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	1.2mg
Folacin (mcg):	93mcg
Niacin (mg):	24mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

Grain (Starch):	1 1/2
	12 1/2

Protein (g):
Sodium (mg): 4159mg
Potassium (mg): 1547mg
Calcium (mg): 1499mg
Iron (mg): 6mg
Zinc (mg): 9mg
Vitamin C (mg): 53mg
Vitamin A (i.u.): 13012IU
Vitamin A (r.e.): 1703 1/2RE

Lean Meat:
Vegetable: 3
Fruit: 0
Non-Fat Milk: 0
Fat: 11
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1333 **Calories from Fat:** 771

% Daily Values*

Total Fat 86g	133%
Saturated Fat 47g	235%
Cholesterol 265mg	88%
Sodium 4159mg	173%
Total Carbohydrates 45g	15%
Dietary Fiber 5g	22%
Protein 96g	
Vitamin A	260%
Vitamin C	88%
Calcium	150%
Iron	35%

* Percent Daily Values are based on a 2000 calorie diet.