



Healthdor

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Kid's 3" Tuna Sub ♦♦

A delicious and nutritious sandwich made with tuna, perfect for kids' lunchboxes.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 150 grams

Number of Servings: 1

Serving Size: 150 g

Ingredients

50 g	3" sub roll
50 g	canned tuna
10 g	mayonnaise
10 g	lettuce
10 g	Tomato
10 g	cucumber
1 g	salt

1 g pepper

Directions

Step 1

Cut

Slice the sub roll in half lengthwise.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Mixing

Drain the canned tuna and mix with mayonnaise, salt, and pepper.

Prep Time: 3 mins

Cook Time: 0 mins

Step 3

Spreading

Spread the tuna mixture on one side of the sub roll.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Layering

Layer lettuce, tomato, and cucumber slices on top of the tuna.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Serving

Close the sub roll and serve.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 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	3 g	7.89%	12%
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	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Spanish

American

Diet

Anti-Inflammatory Diet

Course

Drinks

Snacks

Side Dishes

Salads

Sauces & Dressings

Appetizers

Main Dishes

Cultural

Chinese New Year

Events

Barbecue

Meal Type

Brunch

Supper

Difficulty Level

Medium

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