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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**

<b>50</b> g	3" sub roll
50 g	canned tuna
10 g	mayonnaise
10 g	lettuce
10 g	Tomato
10 g	cucumber
1 g	salt

## **Directions**

#### Step 1



Slice the sub roll in half lengthwise.

Prep Time: 2 mins

Cook Time: 0 mins

#### Step 2



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%

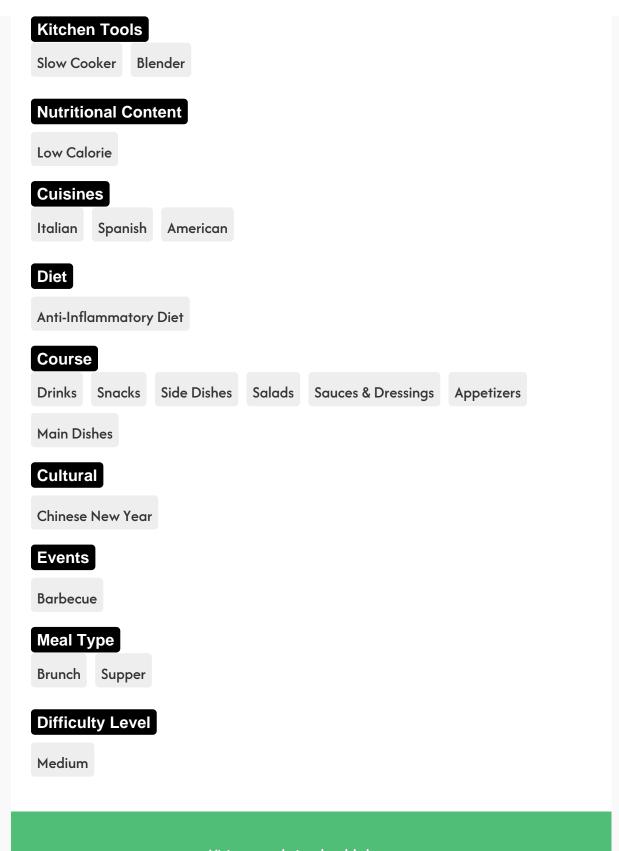
#### **Minerals**

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



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