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## **Lemon-Pepper Tuna Sandwich**

A delicious and refreshing sandwich made with lemon-pepper seasoned tuna.

Recipe Type: Standard Prep Time: 10 mins

Cook Time: N/A Total Time: 10 mins

Recipe Yield: 200 grams Number of Servings: 2

Serving Size: 100 g

## Ingredients

200 g	canned tuna
2 tbsp	Lemon juice
1 tsp	Black pepper
4 tbsp	mayonnaise
4 leaves	lettuce
4 slices	Tomato

## **Directions**

### Step 1



In a bowl, mix the canned tuna, lemon juice, black pepper, and mayonnaise.

Prep Time: 5 mins

Cook Time: 0 mins

### Step 2

Spreading

Spread the tuna mixture on two slices of bread.

Prep Time: 2 mins

Cook Time: 0 mins

## Step 3

Plating

Top with lettuce and tomato slices.

Prep Time: 1 mins

Cook Time: 0 mins

## Step 4

#### Covering

Cover with the remaining slices of bread to make sandwiches.

Prep Time: 2 mins

Cook Time: 0 mins

## **Nutrition Facts**

Calories: 200 kcal

Fat: 6 g

Protein: 15 g

Carbohydrates: 20 g

## **Nutrition Facts**

#### **Proteins**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

### 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	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	6 g	21.43%	24%
Cholesterol	20 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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

#### **Minerals**

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	15 mcg	27.27%	27.27%

# **Recipe Attributes**

Seasonality

Fall

Kitchen Tools

Slow Cooker

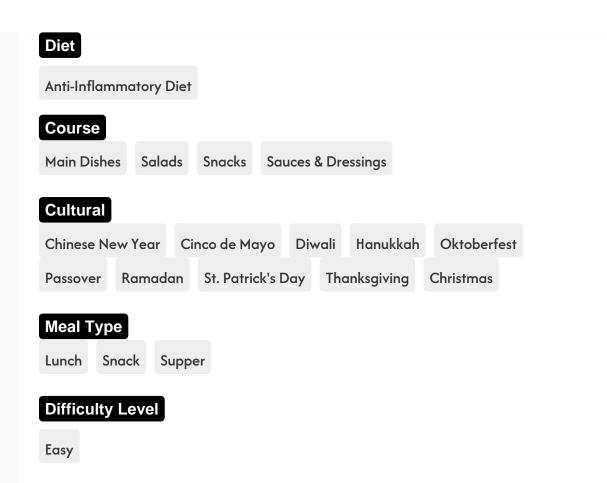
Blender

**Nutritional Content** 

Low Calorie

Cuisines

Italian



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