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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

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

4 slices bread

## Directions

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### Step 1

#### Mixing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Spreading

Spread the tuna mixture on two slices of bread.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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### Step 3

#### Plating

Top with lettuce and tomato slices.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## 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

## Diet

Anti-Inflammatory Diet

## Course

Main Dishes

Salads

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

## Meal Type

Lunch

Snack

Supper

## Difficulty Level

Easy

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