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6" Tuna Sub

A delicious and satisfying tuna sub sandwich made with fresh ingredients.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 1

Serving Size: 200 g

Ingredients

50 g	6" sub roll
100 g	canned tuna
15 g	mayonnaise
10 g	lettuce
20 g	Tomato
10 g	onion
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 it with mayonnaise, salt, and pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Spreading

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

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Plating

Top with lettuce, tomato, and onion slices.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Plating

Cover with the other half of the sub roll.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 25 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	25 g	45.45%	50%
Fibers	3 g	7.89%	12%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	10 g	35.71%	40%
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%
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	15 mcg	27.27%	27.27%

Recipe Attributes

Cuisines

Italian

Course

Appetizers

Main Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Easter

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Diet

Mediterranean Diet

The Whole30 Diet

Vegetarian Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Low Sodium Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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