



Fried Tuna Ball Po Boy



Dairy Free



Popular

READY IN



25 min.

SERVINGS



2

CALORIES



728 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 baguette sliced in half both ways to form two sandwiches
- ☐ 1 cup bread crumbs
- ☐ 2 cans tuna drained
- ☐ 1 teaspoon creole seasoning
- ☐ 1 teaspoon dijon mustard
- ☐ 1 eggs
- ☐ 2 green onions sliced
- ☐ 0.5 cup rémoulade sauce

- ☐ 0.5 cup lettuce sliced
- ☐ 1 tablespoon mayonnaise
- ☐ 2 servings oil for frying
- ☐ 0.5 cup pickled tomatoes green sliced
- ☐ 1 teaspoon worcestershire sauce

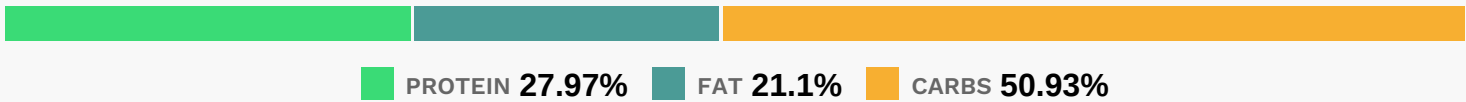
Equipment

- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Mix the tuna, green onions, egg, mayonnaise, worcestershire sauce, mustard, and cajun seasoning along with enough bread crumbs that the mixture holds together well.
- ☐ Heat 1/2 inch on oil in a saucepan over medium heat. Form the mixture into 1 1/2 inch balls and roll them in the bread crumbs to coat. Fry the tuna balls in oil until golden brown on all sides and set aside on paper towels to drain. Assemble sandwich and enjoy.

Nutrition Facts



Properties

Glycemic Index:124.88, Glycemic Load:21.03, Inflammation Score:-9, Nutrition Score:37.871304387632%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 727.87kcal (36.39%), Fat: 16.75g (25.77%), Saturated Fat: 3.14g (19.64%), Carbohydrates: 90.99g (30.33%), Net Carbohydrates: 85.84g (31.22%), Sugar: 22.94g (25.49%), Cholesterol: 145.98mg (48.66%), Sodium: 2015.65mg (87.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.96g (99.92%), Selenium: 147.76µg (211.08%), Vitamin B3: 23.73mg (118.66%), Vitamin B12: 4.76µg (79.37%), Vitamin B1: 1mg (66.5%), Vitamin K:

53.84µg (51.28%), Iron: 8.76mg (48.67%), Manganese: 0.94mg (47.12%), Phosphorus: 454.48mg (45.45%), Vitamin B2: 0.71mg (41.55%), Folate: 160.57µg (40.14%), Vitamin B6: 0.79mg (39.49%), Calcium: 231.92mg (23.19%), Magnesium: 92.55mg (23.14%), Vitamin A: 1139.4IU (22.79%), Fiber: 5.14g (20.58%), Potassium: 712.49mg (20.36%), Zinc: 2.84mg (18.97%), Copper: 0.38mg (18.93%), Vitamin C: 14.45mg (17.52%), Vitamin D: 2.49µg (16.63%), Vitamin E: 2.31mg (15.43%), Vitamin B5: 1.39mg (13.93%)