

Warm Tuna Buns

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



339 kcal

Ingredients

- 0.3 cup processed cheese food shredded
- 6 ounce tuna drained canned
- 3 eggs
- 6 hamburger buns
- 0.5 cup mayonnaise
- 2 tablespoons onion minced
- 3 tablespoons pimiento-stuffed olives chopped
- 2 tablespoons relish sweet

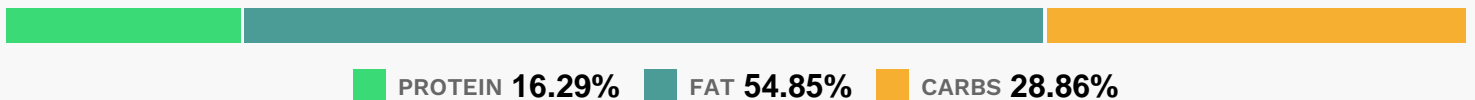
Equipment

- frying pan
- baking sheet
- sauce pan
- oven
- mixing bowl
- aluminum foil

Directions

- Place the eggs into a saucepan in a single layer, and fill with water to cover the eggs by 1 inch. Cover, and bring the water to a boil over high heat.
- Remove pan from heat, and let the eggs stand in the hot water for 15 minutes.
- Pour out the hot water, then cool the eggs under cold running water in the sink. Peel and chop once cold.
- Preheat an oven to 350 degrees F (175 degrees C).
- Stir the chopped eggs together with the mayonnaise, tuna, relish, onion, olives, and cheese in a mixing bowl. Divide the tuna mixture onto the bun bottoms, then replace the bun tops. Wrap each sandwich individually in aluminum foil, and place onto a baking sheet.
- Bake in the preheated oven until the cheese has melted and the tuna salad has heated through, 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:13.06, Inflammation Score:-4, Nutrition Score:12.891739015994%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 339.15kcal (16.96%), Fat: 20.5g (31.53%), Saturated Fat: 4.44g (27.73%), Carbohydrates: 24.27g (8.09%), Net Carbohydrates: 23.25g (8.45%), Sugar: 5.07g (5.63%), Cholesterol: 105.72mg (35.24%), Sodium: 624.84mg (27.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.69g (27.39%), Selenium: 39.33µg (56.19%), Vitamin K: 37.02µg (35.26%), Vitamin B3: 4.66mg (23.28%), Vitamin B12: 1.12µg (18.67%), Vitamin B1: 0.26mg (17.06%), Phosphorus: 168.97mg (16.9%), Vitamin B2: 0.27mg (15.97%), Calcium: 144.79mg (14.48%), Iron: 2.48mg (13.77%), Folate: 54.1µg (13.52%), Manganese: 0.26mg (12.9%), Vitamin E: 1.28mg (8.54%), Vitamin B6: 0.17mg (8.29%), Zinc: 0.97mg (6.48%), Vitamin D: 0.85µg (5.68%), Vitamin A: 279.33IU (5.59%), Magnesium: 21.78mg (5.44%), Copper: 0.09mg (4.64%), Vitamin B5: 0.44mg (4.4%), Potassium: 151.95mg (4.34%), Fiber: 1.02g (4.07%), Vitamin C: 0.86mg (1.04%)