



Tuna Melts

You need:

- 1x 12 pocket muffin pan
- 6x muffin cups/cupcake liners – optional (highly recommended)
- 1x tin tuna in brine
- 2x eggs
- 1x onion (finely diced)
- 60g grated cheddar cheese (optional)
- 30g cream cheese (optional)
- 1 tbsp oil
- spices

Calories/s

281

Prep time

<10 min

Servings (s)

3 (6 melts)

Method:

- Preheat the oven to 180°C.
- Line 6 pockets with muffin cups or use 'Cook n Spray' to grease the pan.
- Fry the onions in oil, until soft.
- Add onions, cheese, cream cheese, tuna and spices to a mixing bowl.
- Mix well.
- Evenly distribute the tuna between the 6 muffin cups.
- Bake 15-20 min, until lightly golden.

Nutrition Facts

Serving Size	per meal
	Per serve
Energy	1176 kj
	281 kcal
Protein	20.28g
Carbohydrates	4.59g
Sugar	2.21g
Fat	20.35g
Saturated Fat	10.023g
Polyunsaturated Fat	1.189g
Monounsaturated Fat	6.980g
Cholesterol	199mg
Fiber	0.6g
Sodium	382mg
Potassium	122mg