

# Italian Tuna Loaf

Yield: 5 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-tuna-loaf-recipe>

## Ingredients:

- 12 ounces tuna drained
- 1 potato boiled
- 2 eggs
- 3/4 cup breadcrumbs
- 3 tablespoons Parmigiano Reggiano finely grated
- 1 pinch nutmeg
- 2 tablespoons black olives chopped
- 1 tablespoon capers washed
- salt to taste

## Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 115 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 22 grams
7. SaturatedFat: 2 grams
8. Sodium: 460 milligrams
9. Sugar: 1 grams

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