



Creamy Tuna Garden Wedges

 Gluten Free

READY IN



120 min.

SERVINGS



18

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup water boiling
- ☐ 2 tablespoons spring onion sliced
- ☐ 8 ounces cream cheese softened
- ☐ 0.5 cup cream sour
- ☐ 1 teaspoon dill dried
- ☐ 0.1 teaspoon garlic powder
- ☐ 6 ounces water-packed tuna drained canned
- ☐ 3 cups to 3 sized squashes fresh red yellow sliced chopped (radishes, celery or onion; broccoli, cauliflower, bell pepper or summer squash)

- ☐ 4 ounces cheese shredded
- ☐ 1.5 cups frangelico

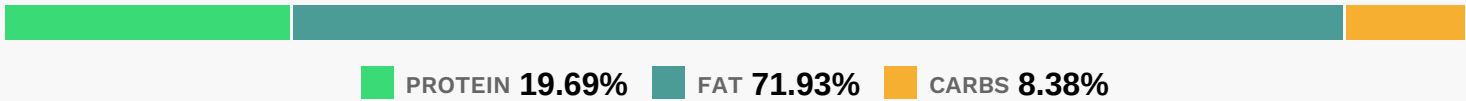
Equipment

- ☐ bowl
- ☐ oven
- ☐ pizza pan

Directions

- ☐ Heat oven to 450°. Stir Bisquick, boiling water and onions in medium bowl until soft dough forms; beat vigorously 20 strokes.
- ☐ Press dough in ungreased 12-inch pizza pan, using fingers dusted with Bisquick; pinch edge to form 1/2-inch rim.
- ☐ Bake about 10 minutes or until light brown. Cool 10 minutes.
- ☐ Stir cream cheese, sour cream, dill weed, garlic powder and tuna until blended; spread evenly over crust. Refrigerate 1 to 2 hours or until chilled. Just before serving, top with vegetables and cheese.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:6.83, Glycemic Load:0.37, Inflammation Score:-3, Nutrition Score:3.45999999966829%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 87.59kcal (4.38%), Fat: 7.11g (10.94%), Saturated Fat: 4.05g (25.31%), Carbohydrates: 1.86g (0.62%), Net Carbohydrates: 1.63g (0.59%), Sugar: 1.19g (1.32%), Cholesterol: 24.87mg (8.29%), Sodium: 102.57mg (4.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.76%), Selenium: 8.84µg (12.64%), Vitamin B12: 0.43µg

(7.13%), Phosphorus: 61.38mg (6.14%), Vitamin A: 304.55IU (6.09%), Calcium: 56.63mg (5.66%), Vitamin B2: 0.09mg (5.46%), Vitamin B3: 1.06mg (5.29%), Vitamin B6: 0.09mg (4.25%), Vitamin C: 3.41mg (4.14%), Potassium: 99.31mg (2.84%), Zinc: 0.39mg (2.6%), Vitamin K: 2.47µg (2.35%), Magnesium: 8.85mg (2.21%), Manganese: 0.04mg (2.11%), Folate: 8.23µg (2.06%), Iron: 0.31mg (1.71%), Vitamin B5: 0.15mg (1.46%), Vitamin E: 0.2mg (1.35%), Vitamin B1: 0.02mg (1.24%)