



Cucumber-Tuna Bites



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

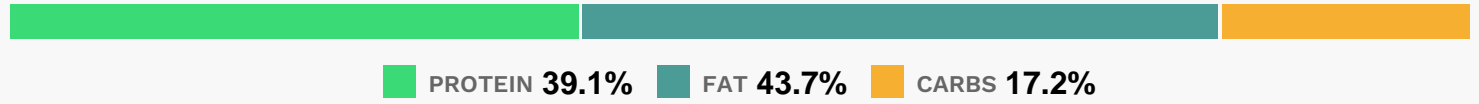
- 1 cucumber
- 0.5 tsp ground cumin
- 1 small jalapeño pepper seeded finely chopped
- 0.3 cup mayo reduced fat mayonnaise light kraft
- 5 oz tuna in water light chunk flaked drained canned

Equipment

Directions

- Cut half the cucumber into 12 slices.
- Chop remaining cucumber; combine with remaining ingredients.
- Spoon tuna mixture onto cucumber slices just before serving.

Nutrition Facts



Properties

Glycemic Index:5.2, Glycemic Load:0.08, Inflammation Score:-1, Nutrition Score:2.57391304296%

Nutrients (% of daily need)

Calories: 30.31kcal (1.52%), Fat: 1.45g (2.23%), Saturated Fat: 0.23g (1.45%), Carbohydrates: 1.28g (0.43%), Net Carbohydrates: 1.04g (0.38%), Sugar: 0.62g (0.68%), Cholesterol: 6mg (2%), Sodium: 78.14mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.84%), Selenium: 9.8µg (13.99%), Vitamin B3: 1.42mg (7.12%), Vitamin B12: 0.36µg (6.07%), Vitamin K: 5.36µg (5.11%), Vitamin B6: 0.06mg (3.07%), Phosphorus: 27.22mg (2.72%), Iron: 0.39mg (2.15%), Manganese: 0.04mg (2.05%), Potassium: 70.6mg (2.02%), Magnesium: 7.51mg (1.88%), Copper: 0.03mg (1.57%), Folate: 5.02µg (1.25%), Vitamin E: 0.18mg (1.22%), Vitamin C: 0.97mg (1.17%), Vitamin B2: 0.02mg (1.15%), Vitamin D: 0.17µg (1.13%), Zinc: 0.15mg (1.03%)