



## Layered Mediterranean Tuna Spread

READY IN



15 min.

SERVINGS



16

CALORIES



116 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 8 oz creamy pimiento cheese
- 1 shallots finely chopped
- 1 teaspoon seasoning italian
- 0.5 cup kalamata olives pitted cut in half
- 6 oz albacore tuna - sashimi grade drained well canned
- 1 medium tomatoes seeded coarsely chopped
- 1 hardboiled eggs finely chopped
- 1 tablespoon parsley fresh chopped
- 48 round buttery crackers

# Equipment

bowl

# Directions

- In small bowl, mix cream cheese, shallot and Italian seasoning until well blended.
- Spread in 8-inch circle on serving plate.
- Top with olives, tuna, tomato, egg and parsley.
- Serve with crackers.

# Nutrition Facts



**PROTEIN 13.64%** **FAT 55.67%** **CARBS 30.69%**

# Properties

Glycemic Index:6.56, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:3.7095652144888%

# Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

# Nutrients (% of daily need)

Calories: 115.58kcal (5.78%), Fat: 6.76g (10.39%), Saturated Fat: 2.06g (12.85%), Carbohydrates: 8.38g (2.79%), Net Carbohydrates: 7.83g (2.85%), Sugar: 2.41g (2.68%), Cholesterol: 23.85mg (7.95%), Sodium: 336.79mg (14.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.45%), Selenium: 8.42µg (12.03%), Vitamin K: 10.33µg (9.84%), Calcium: 74.33mg (7.43%), Vitamin B3: 1.13mg (5.63%), Phosphorus: 56.3mg (5.63%), Vitamin A: 251.09IU (5.02%), Vitamin E: 0.66mg (4.43%), Iron: 0.66mg (3.69%), Manganese: 0.07mg (3.57%), Vitamin B1: 0.05mg (3.19%), Vitamin C: 2.44mg (2.96%), Vitamin B2: 0.05mg (2.8%), Vitamin B12: 0.16µg (2.65%), Folate: 10.55µg (2.64%), Vitamin B6: 0.05mg (2.33%), Fiber: 0.55g (2.2%), Potassium: 68.01mg (1.94%), Magnesium: 7.63mg (1.91%), Vitamin D: 0.28µg (1.88%), Copper: 0.03mg (1.39%), Zinc: 0.17mg (1.11%), Vitamin B5: 0.1mg (1.05%)