



Layered Mediterranean Tuna Spread

READY IN



15 min.

SERVINGS



16

CALORIES



107 kcal

CONDIMENT

DIP

SPREAD

Ingredients

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

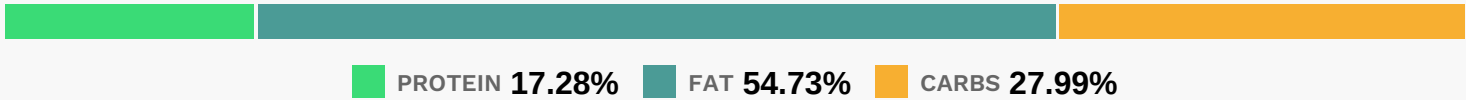
Equipment

☐ 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



Properties

Glycemic Index:6.56, Glycemic Load:0.15, Inflammation Score:-2, Nutrition Score:3.515652174535%

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: 106.93kcal (5.35%), Fat: 6.48g (9.97%), Saturated Fat: 2.74g (17.14%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 6.91g (2.51%), Sugar: 1.56g (1.74%), Cholesterol: 24.91mg (8.3%), Sodium: 255.66mg (11.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.21%), Selenium: 8.42µg (12.03%), Vitamin K: 10.33µg (9.84%), Vitamin B3: 1.13mg (5.63%), Phosphorus: 56.3mg (5.63%), Vitamin A: 256.9IU (5.14%), Vitamin E: 0.66mg (4.43%), Calcium: 39.8mg (3.98%), Iron: 0.66mg (3.69%), Manganese: 0.07mg (3.57%), Vitamin B1: 0.05mg (3.19%), 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%), Vitamin C: 1.51mg (1.83%), Copper: 0.03mg (1.39%), Zinc: 0.17mg (1.11%), Vitamin B5: 0.1mg (1.05%)