



## Mediterranean Tuna Snack

 Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp 2 tbsp. kraft fat free zesty italian dressing fat free italian kraft
- 16 rosemary and olive oil woven wheat crackers
- 2 Tbsp roasted pepper red finely chopped
- 6 oz tuna in water white flaked drained canned

### Equipment

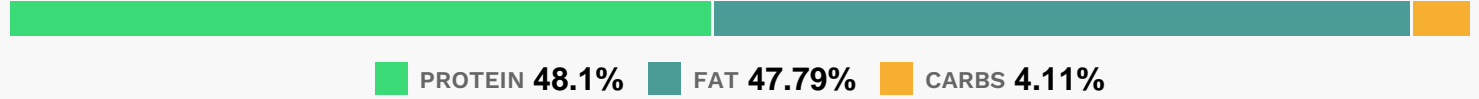
### Directions

Mix tuna, peppers and dressing until well blended.

Spoon evenly onto crackers.

Garnish with fresh parsley sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.2617391380279%

## Nutrients (% of daily need)

Calories: 33.73kcal (1.69%), Fat: 1.77g (2.72%), Saturated Fat: 0.26g (1.63%), Carbohydrates: 0.34g (0.11%), Net Carbohydrates: 0.31g (0.11%), Sugar: 0.11g (0.12%), Cholesterol: 6.66mg (2.22%), Sodium: 105.61mg (4.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.01%), Selenium: 11.54µg (16.49%), Vitamin B3: 1.7mg (8.52%), Vitamin B12: 0.44µg (7.29%), Vitamin B6: 0.06mg (2.98%), Phosphorus: 23.89mg (2.39%), Vitamin E: 0.29mg (1.91%), Iron: 0.32mg (1.76%), Vitamin C: 1.37mg (1.67%), Vitamin D: 0.2µg (1.36%), Magnesium: 4.24mg (1.06%)