



Sardine "Tonnato" Spread



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



207 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 teaspoons capers drained chopped
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest fresh finely grated
- ☐ 0.3 cup mayonnaise
- ☐ 0.1 teaspoon salt
- ☐ 7.5 oz sardines packed in olive oil, drained canned

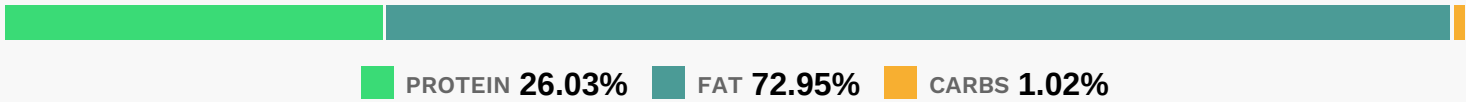
Equipment

☐ bowl

Directions

☐ Mash together all ingredients in a bowl with a fork until combined well.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:13.558260891749%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg, Quercetin: 1.74mg

Nutrients (% of daily need)

Calories: 207.45kcal (10.37%), Fat: 16.56g (25.48%), Saturated Fat: 2.46g (15.36%), Carbohydrates: 0.52g (0.17%), Net Carbohydrates: 0.37g (0.13%), Sugar: 0.18g (0.2%), Cholesterol: 81.36mg (27.12%), Sodium: 353.09mg (15.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.29g (26.59%), Vitamin B12: 4.77µg (79.48%), Selenium: 28.36µg (40.51%), Vitamin K: 41.05µg (39.1%), Phosphorus: 264.54mg (26.45%), Calcium: 207.37mg (20.74%), Vitamin D: 2.58µg (17.2%), Vitamin B3: 2.81mg (14.05%), Vitamin E: 1.57mg (10.44%), Iron: 1.68mg (9.33%), Vitamin B2: 0.13mg (7.45%), Potassium: 224.82mg (6.42%), Magnesium: 22.14mg (5.54%), Copper: 0.11mg (5.47%), Zinc: 0.74mg (4.9%), Vitamin B6: 0.09mg (4.67%), Manganese: 0.08mg (3.86%), Vitamin B5: 0.38mg (3.76%), Vitamin C: 2.99mg (3.62%), Vitamin B1: 0.05mg (3.07%), Vitamin A: 153.21IU (3.06%), Folate: 8.35µg (2.09%)