



Smoked Tuna Dip



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 cup green onions coarsely chopped
- ☐ 1 tablespoon horseradish prepared
- ☐ 0.8 cup mayonnaise
- ☐ 12 ounce hickory-smoked solid tuna in water light drained

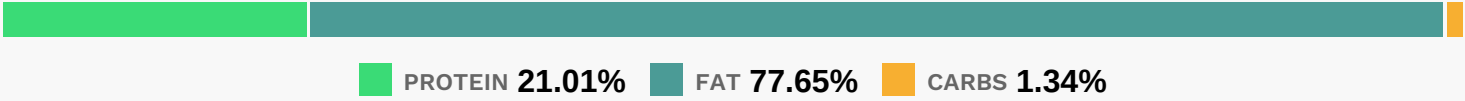
Equipment

- ☐ food processor

Directions

☐ Process all ingredients in a food processor until smooth.

Nutrition Facts



Properties

Glycemic Index:18.63, Glycemic Load:0.18, Inflammation Score:-2, Nutrition Score:6.7543478323066%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 199.54kcal (9.98%), Fat: 16.99g (26.14%), Saturated Fat: 2.8g (17.48%), Carbohydrates: 0.66g (0.22%), Net Carbohydrates: 0.48g (0.17%), Sugar: 0.37g (0.41%), Cholesterol: 26.68mg (8.89%), Sodium: 302.21mg (13.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.35g (20.69%), Vitamin K: 43.99µg (41.9%), Selenium: 28.5µg (40.71%), Vitamin B3: 2.5mg (12.48%), Phosphorus: 98.86mg (9.89%), Vitamin B12: 0.52µg (8.71%), Vitamin E: 1.07mg (7.16%), Vitamin D: 0.89µg (5.95%), Vitamin B6: 0.1mg (4.9%), Magnesium: 15.64mg (3.91%), Potassium: 121.51mg (3.47%), Iron: 0.53mg (2.94%), Zinc: 0.27mg (1.79%), Vitamin B2: 0.03mg (1.56%), Vitamin C: 1.25mg (1.52%), Folate: 5.64µg (1.41%), Vitamin A: 63.9IU (1.28%), Copper: 0.03mg (1.28%), Calcium: 11.82mg (1.18%), Manganese: 0.02mg (1.13%)