



## Tangy Tuna Dip

 **Gluten Free**

READY IN



**35 min.**

SERVINGS



**4**

CALORIES



**494 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 16 ounce cream cheese softened
- 4 servings dill weed dried to taste
- 0.5 green onion chopped
- 2 juice of lemon juiced
- 1 juice of lime juiced
- 1 teaspoon olive oil
- 4 servings salt and pepper to taste
- 12.5 ounce water-packed tuna flaked drained canned

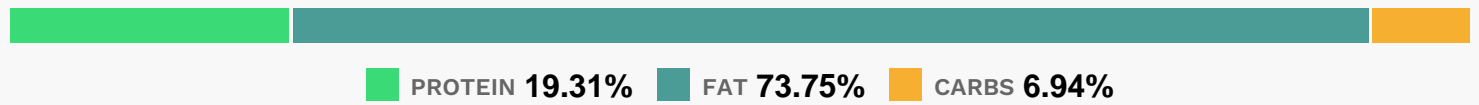
# Equipment

bowl

# Directions

- In a medium bowl, mix cream cheese, lemon juice, lime juice, green onion, dill weed, salt and pepper. Blend until smooth.
- Mix in the tuna and olive oil. Cover and chill in the refrigerator approximately 25 minutes.

# Nutrition Facts



# Properties

Glycemic Index:14.75, Glycemic Load:1.71, Inflammation Score:-8, Nutrition Score:17.249130228291%

# Flavonoids

Eriodictyol: 0.9mg, Eriodictyol: 0.9mg, Eriodictyol: 0.9mg, Eriodictyol: 0.9mg Hesperetin: 2.84mg, Hesperetin: 2.84mg, Hesperetin: 2.84mg, Hesperetin: 2.84mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

# Nutrients (% of daily need)

Calories: 493.65kcal (24.68%), Fat: 40.93g (62.97%), Saturated Fat: 23.25g (145.33%), Carbohydrates: 8.67g (2.89%), Net Carbohydrates: 8.42g (3.06%), Sugar: 4.8g (5.34%), Cholesterol: 146.43mg (48.81%), Sodium: 746.52mg (32.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.12g (48.24%), Selenium: 69.85µg (99.79%), Vitamin B3: 8.95mg (44.76%), Vitamin B12: 2.53µg (42.1%), Vitamin A: 1651.54IU (33.03%), Phosphorus: 250.94mg (25.09%), Vitamin B2: 0.34mg (20.05%), Vitamin B6: 0.37mg (18.74%), Calcium: 146.94mg (14.69%), Iron: 2.14mg (11.89%), Vitamin C: 8.84mg (10.71%), Potassium: 367.1mg (10.49%), Vitamin E: 1.46mg (9.73%), Magnesium: 36.9mg (9.22%), Vitamin B5: 0.81mg (8.07%), Zinc: 1.2mg (8.03%), Vitamin D: 1.06µg (7.09%), Vitamin K: 6.31µg (6.01%), Folate: 18.46µg (4.61%), Vitamin B1: 0.06mg (4.21%), Manganese: 0.07mg (3.74%), Copper: 0.07mg (3.68%)