



Tapenade Le Meilleur

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



6

CALORIES



552 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 3 tablespoons olives black chopped
- 6 ounce tuna drained canned
- 0.3 cup celery chopped
- 2 cloves garlic cloves
- 1 green onion
- 2 cups mayonnaise
- 0.3 cup onion chopped
- 1 dash pepper sauce hot tabasco® (such as)

- 0.3 cup potatoes diced cooked
- 0.5 teaspoon salt
- 0.5 teaspoon worcestershire sauce

Equipment

- bowl
- blender
- plastic wrap

Directions

- Blend mayonnaise, tuna, anchovy fillets, onion, celery, potatoes, green onion, black olives, garlic, Worcestershire sauce, salt, and hot pepper sauce in a blender until completely smooth; transfer to a bowl, cover with plastic wrap, and refrigerate until chilled, at least 1 hour.

Nutrition Facts

PROTEIN 4.74% **FAT 92.75%** **CARBS 2.51%**

Properties

Glycemic Index:42.46, Glycemic Load:1.61, Inflammation Score:-3, Nutrition Score:10.16086951546%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 551.56kcal (27.58%), Fat: 56.76g (87.32%), Saturated Fat: 8.89g (55.56%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 2.87g (1.05%), Sugar: 0.96g (1.07%), Cholesterol: 41.57mg (13.86%), Sodium: 804mg (34.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.05%), Vitamin K: 127.41µg (121.34%), Selenium: 21.21µg (30.3%), Vitamin E: 2.72mg (18.14%), Vitamin B3: 2.96mg (14.78%), Vitamin B12: 0.82µg (13.64%), Vitamin B6: 0.15mg (7.43%), Phosphorus: 65.18mg (6.52%), Iron: 0.82mg (4.53%), Potassium: 137.62mg (3.93%), Vitamin C: 3.11mg (3.77%), Vitamin D: 0.49µg (3.26%), Magnesium: 11.57mg (2.89%), Manganese: 0.06mg (2.87%), Vitamin B2: 0.05mg (2.83%), Folate: 10.52µg (2.63%), Copper: 0.05mg (2.6%), Zinc: 0.36mg (2.43%), Vitamin A: 120.07IU (2.4%), Fiber:

0.58g (2.31%), Vitamin B5: 0.22mg (2.23%), Calcium: 21.33mg (2.13%), Vitamin B1: 0.03mg (2.08%)