

Tonnato Sauce



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



397 kcal

SAUCE

Ingredients

- ☐ 1 fillet anchovy
- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons capers drained
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 6 ounce tuna in olive oil drained canned not

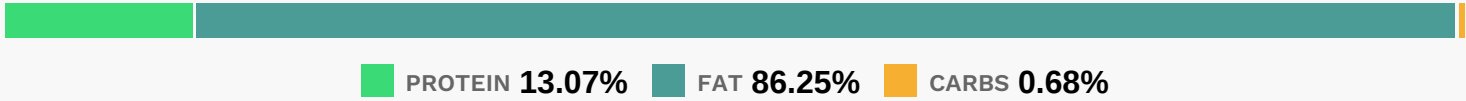
Equipment

☐ blender

Directions

☐ Place all ingredients, except pepper, in a blender. Puree until smooth. Season, to taste, with pepper. Refrigerate until ready to serve. Sauce may be made up to 1 day in advance.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:10.937826195489%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg, Kaempferol: 5.25mg Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg

Nutrients (% of daily need)

Calories: 397.24kcal (19.86%), Fat: 38.03g (58.51%), Saturated Fat: 5.81g (36.34%), Carbohydrates: 0.68g (0.23%), Net Carbohydrates: 0.51g (0.19%), Sugar: 0.27g (0.3%), Cholesterol: 20.01mg (6.67%), Sodium: 466.83mg (20.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.96g (25.93%), Vitamin K: 73.63µg (70.12%), Selenium: 33.38µg (47.69%), Vitamin B3: 5.44mg (27.22%), Vitamin E: 3.28mg (21.87%), Vitamin D: 2.91µg (19.37%), Vitamin B12: 0.98µg (16.26%), Phosphorus: 140.73mg (14.07%), Iron: 0.84mg (4.65%), Magnesium: 15.59mg (3.9%), Vitamin B2: 0.07mg (3.84%), Zinc: 0.46mg (3.05%), Potassium: 104.38mg (2.98%), Copper: 0.05mg (2.73%), Vitamin B6: 0.05mg (2.67%), Vitamin B5: 0.22mg (2.19%), Vitamin C: 1.62mg (1.97%), Vitamin B1: 0.02mg (1.42%), Folate: 5.3µg (1.33%), Manganese: 0.03mg (1.27%), Calcium: 11.64mg (1.16%), Vitamin A: 57.74IU (1.15%)