



Tuna Dippers

 Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



285 kcal

Ingredients

- 10 carrot sticks
- 2 Tbsp mayo reduced fat mayonnaise light kraft
- 5 oz tuna in water light chunk flaked drained canned
- 14 woven wheat crackers reduced-fat

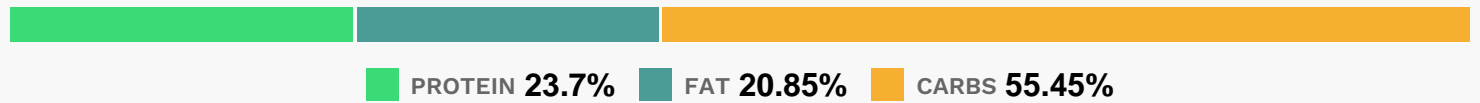
Equipment

- plastic wrap
- ziploc bags

Directions

- Mix tuna and mayo; spoon into 2 airtight containers.
- Wrap 7 crackers in plastic wrap; repeat with remaining crackers.
- Place in containers next to tuna; cover containers with lids.
- Pack 1 container in each of 2 insulated lunch bags.
- Add plastic spoon and small resealable plastic bag filled with 5 carrot sticks to each bag.

Nutrition Facts



Properties

Glycemic Index:23.42, Glycemic Load:9.68, Inflammation Score:-10, Nutrition Score:25.848695837933%

Flavonoids

Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg, Kaempferol: 0.73mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 284.6kcal (14.23%), Fat: 6.75g (10.38%), Saturated Fat: 1.19g (7.42%), Carbohydrates: 40.37g (13.46%), Net Carbohydrates: 30.93g (11.25%), Sugar: 16.73g (18.59%), Cholesterol: 27.75mg (9.25%), Sodium: 583.92mg (25.39%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.25g (34.5%), Vitamin A: 51003.5IU (1020.07%), Selenium: 48.72µg (69.6%), Vitamin B3: 10.03mg (50.15%), Vitamin K: 47.92µg (45.64%), Fiber: 9.44g (37.74%), Vitamin B6: 0.65mg (32.4%), Potassium: 1105.08mg (31.57%), Vitamin B12: 1.82µg (30.36%), Manganese: 0.45mg (22.53%), Vitamin C: 18mg (21.81%), Phosphorus: 205.95mg (20.59%), Vitamin E: 2.55mg (17.02%), Folate: 61.35µg (15.34%), Vitamin B1: 0.22mg (14.91%), Vitamin B2: 0.23mg (13.82%), Iron: 2.45mg (13.59%), Magnesium: 53.18mg (13.3%), Calcium: 122.65mg (12.26%), Vitamin B5: 0.95mg (9.46%), Copper: 0.17mg (8.7%), Zinc: 1.21mg (8.06%), Vitamin D: 0.85µg (5.67%)