



Tuna Dressing



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pinch pepper black freshly ground
- ☐ 7 ounce albacore tuna
- ☐ 1 tablespoon capers with their juice
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 0.3 cup mayonnaise
- ☐ 1 tablespoon olive oil
- ☐ 2 tablespoons red wine vinegar

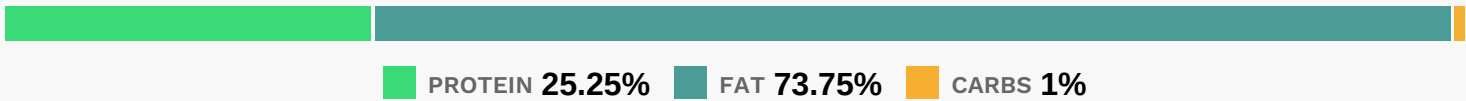
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Place all of the ingredients into the bowl of a small food processor and process until creamy, 1 1/2 minutes.
- ☐ Serve as a salad dressing or a dip. Store in an airtight container for up to 4 days.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:6.6504348088866%

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 Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 192.42kcal (9.62%), Fat: 15.47g (23.8%), Saturated Fat: 2.52g (15.75%), Carbohydrates: 0.47g (0.16%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.18g (0.2%), Cholesterol: 26.72mg (8.91%), Sodium: 332.03mg (14.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.92g (23.84%), Selenium: 32.95µg (47.07%), Vitamin K: 26.7µg (25.43%), Vitamin B3: 2.89mg (14.47%), Phosphorus: 111.74mg (11.17%), Vitamin B12: 0.6µg (9.95%), Vitamin E: 1.41mg (9.39%), Vitamin D: 1.02µg (6.8%), Vitamin B6: 0.11mg (5.55%), Magnesium: 17.74mg (4.43%), Potassium: 128.33mg (3.67%), Iron: 0.6mg (3.35%), Vitamin C: 1.57mg (1.91%), Zinc: 0.27mg (1.8%), Vitamin B2: 0.03mg (1.64%), Copper: 0.03mg (1.56%)