



Tuna Mousse: Spuma di Tonno

 Gluten Free

READY IN



20 min.

SERVINGS



3

CALORIES



188 kcal

Ingredients

- 2 teaspoons balsamic vinegar
- 1 tablespoon plus 1 teaspoon butter unsalted at room temperature
- 1 tablespoon heavy cream
- 2 teaspoons juice of lemon fresh
- 7 ounces imported olive oil-packed tuna drained canned
- 3 servings sea salt black freshly ground
- 2 teaspoons soya sauce

Equipment

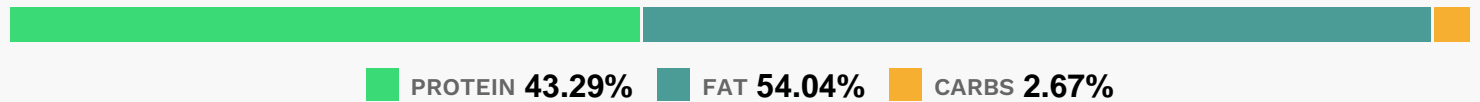
- food processor

bowl

Directions

- Put the tuna in a food processor and pulse to break up the fish. With the machine running, add the butter, cream, balsamic vinegar, and soy sauce and blend until smooth. Then stop the machine and scrape down the sides of the processor bowl.
- Add the lemon juice and pulse again. Season, to taste, with salt and pepper and blend again. Check the seasoning.
- Serve at room temperature, or cover and refrigerate for up to 4 days. If refrigerated, return the spuma to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:49, Glycemic Load:0.33, Inflammation Score:-3, Nutrition Score:11.884782714688%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 187.75kcal (9.39%), Fat: 11.04g (16.98%), Saturated Fat: 4.56g (28.52%), Carbohydrates: 1.23g (0.41%), Net Carbohydrates: 1.16g (0.42%), Sugar: 0.8g (0.89%), Cholesterol: 27.59mg (9.2%), Sodium: 530.8mg (23.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.89g (39.78%), Selenium: 50.51µg (72.16%), Vitamin B3: 8.37mg (41.85%), Vitamin D: 4.51µg (30.08%), Vitamin K: 29.76µg (28.34%), Vitamin B12: 1.47µg (24.52%), Phosphorus: 216mg (21.6%), Iron: 1.06mg (5.87%), Magnesium: 23.32mg (5.83%), Vitamin B2: 0.1mg (5.71%), Vitamin E: 0.74mg (4.91%), Vitamin A: 241.8IU (4.84%), Potassium: 159.77mg (4.56%), Zinc: 0.63mg (4.23%), Vitamin B6: 0.08mg (4.22%), Vitamin B5: 0.28mg (2.83%), Copper: 0.06mg (2.78%), Manganese: 0.05mg (2.37%), Vitamin B1: 0.03mg (1.98%), Vitamin C: 1.32mg (1.6%), Calcium: 15.36mg (1.54%), Folate: 5.05µg (1.26%)