

Easy Tuna Dip

Jean Kressy - Relish Magazine
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Servings: 4

Yield: 1 1/2 cups

1 tub (5.2 ounce) Boursin cheese with garlic and herbs

1 can (5 ounce) tuna packed in oil, drained and flaked

3 green onions, chopped

2 tablespoons fresh flat-leaf parsley, chopped

2 teaspoons fresh lemon juice

In a food processor, combine the Boursin, tuna, onions, parsley and lemon juice.

Pulse to combine.

Chill.

Per Serving (excluding unknown items): 5 Calories; trace Fat (4.5% calories from fat); trace Protein; 1g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Vegetable; 0 Fruit.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	5	Vitamin B6 (mg):	trace
% Calories from Fat:	4.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	77.7%	Thiamin B1 (mg):	trace
% Calories from Protein:	17.9%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	10mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value:	n n%
Carbohydrate (g):	1g	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	3mg	Vegetable:	0
Potassium (mg):	45mg	Fruit:	0

Calcium (mg): 11mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 6mg
Vitamin A (i.u.): 141IU
Vitamin A (r.e.): 14RE

Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 5 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrates	1g	0%
	Dietary Fiber trace	1%
Protein	trace	

Vitamin A		3%
Vitamin C		10%
Calcium		1%
Iron		2%

** Percent Daily Values are based on a 2000 calorie diet.*