

Low-Cal Tuna Dip

Teresa Duncan - Dyersburg, TN
Southern Living - 1987 Annual Recipes

Yield: 1 3/4 cups

1 container (8 ounce) light cream
cheese, softened
2 tablespoons reduced-calorie
mayonnaise
2 teaspoons prepared horseradish
1/8 teaspoon hot sauce
dash Worcestershire sauce
1/4 cup green onions, diced
1/4 cup celery, diced
1/4 cup green pepper, diced
1 can (6-1/2 ounce) 60% less salt
tuna in water, drained and flaked
paprika

In a medium bowl, combine the cream cheese,
mayonnaise, horseradish, hot sauce and
Worcestershire sauce. Stir well.

Add the onions, celery and green pepper. Stir
well.

Stir in the tuna.

Cover and chill.

Sprinkle with paprika.

Serve with raw vegetables.

Per Serving (excluding unknown
items): 355 Calories; 14g Fat
(36.2% calories from fat); 45g
Protein; 10g Carbohydrate; 2g
Dietary Fiber; 51mg Cholesterol;
447mg Sodium. Exchanges: 6 1/2
Lean Meat; 1 Vegetable; 2 1/2 Fat;
1/2 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

| | | | |
|--------------------------------|-------|---------------------|--------|
| Calories (kcal): | 355 | Vitamin B6 (mg): | .7mg |
| % Calories from Fat: | 36.2% | Vitamin B12 (mcg): | 3.2mcg |
| % Calories from Carbohydrates: | 11.9% | Thiamin B1 (mg): | .1mg |
| % Calories from Protein: | 52.0% | Riboflavin B2 (mg): | .3mg |
| Total Fat (g): | 14g | Folacin (mcg): | 50mcg |
| Saturated Fat (g): | 4g | Niacin (mg): | 18mg |
| Monounsaturated Fat (g): | 3g | Caffeine (mg): | 0mg |
| Polyunsaturated Fat (g): | 3g | Alcohol (kcal): | 0 |
| Cholesterol (mg): | 51mg | % Daily Value: | n n% |
| | 10g | | |

Food Exchanges

Carbohydrate (g):
Dietary Fiber (g): 2g
Protein (g): 45g
Sodium (mg): 447mg
Potassium (mg): 717mg
Calcium (mg): 95mg
Iron (mg): 6mg
Zinc (mg): 1mg
Vitamin C (mg): 43mg
Vitamin A (i.u.): 686IU
Vitamin A (r.e.): 131RE

Grain (Starch): 0
Lean Meat: 6 1/2
Vegetable: 1
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Amount Per Serving

Calories 355 **Calories from Fat:** 128

% Daily Values*

| | |
|--------------------------------|-----|
| Total Fat 14g | 22% |
| Saturated Fat 4g | 22% |
| Cholesterol 51mg | 17% |
| Sodium 447mg | 19% |
| Total Carbohydrates 10g | 3% |
| Dietary Fiber 2g | 9% |
| Protein 45g | |
| <hr/> | |
| Vitamin A | 14% |
| Vitamin C | 71% |
| Calcium | 9% |
| Iron | 31% |

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