

# Curried Tuna Spread

Barb Radtke

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

## Yield: 2 cups

1 package (8 ounce) cream cheese, softened  
 3/4 teaspoon curry powder  
 3 tablespoons milk  
 1 tablespoon sherry  
 3 tablespoons chopped chutney  
 1 can (7 ounce) chunk tuna, drained and flaked

In a bowl, combine the cream cheese, with the curry powder, milk and sherry. Blend until smooth.

Stir in the chutney and tuna.

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Per Serving (excluding unknown items): 864 Calories; 83g Fat (86.2% calories from fat); 19g Protein; 10g Carbohydrate; 1g Dietary Fiber; 261mg Cholesterol; 710mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 0 Non-Fat Milk; 15 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	864	Vitamin B6 (mg):	.1mg
% Calories from Fat:	86.2%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	4.8%	Thiamin B1 (mg):	trace
% Calories from Protein:	8.9%	Riboflavin B2 (mg):	.5mg
Total Fat (g):	83g	Folicin (mcg):	35mcg
Saturated Fat (g):	52g	Niacin (mg):	trace
Monounsaturated Fat (g):	23g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	21
Cholesterol (mg):	261mg	% Refuse:	n n%
Carbohydrate (g):	10g	<b>Food Exchanges</b>	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	19g	Lean Meat:	2 1/2
Sodium (mg):	710mg	Vegetable:	0
Potassium (mg):	384mg	Fruit:	0
Calcium (mg):	249mg	Non-Fat Milk:	0

**Iron (mg):** 3mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 1mg  
**Vitamin A (i.u.):** 3384IU  
**Vitamin A (r.e.):** 1016 1/2RE

**Fat:** 15  
**Other Carbohydrates:** 0

## Nutrition Facts

### Amount Per Serving

**Calories** 864                      **Calories from Fat:** 745

### % Daily Values\*

<b>Total Fat</b> 83g	127%
Saturated Fat 52g	260%
<b>Cholesterol</b> 261mg	87%
<b>Sodium</b> 710mg	30%
<b>Total Carbohydrates</b> 10g	3%
Dietary Fiber 1g	2%
<b>Protein</b> 19g	
<b>Vitamin A</b>	68%
<b>Vitamin C</b>	1%
<b>Calcium</b>	25%
<b>Iron</b>	19%

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