

Easy Tuna Spread

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

Servings: 12

1 can (13 ounce) tuna, drained and flaked
1 small onion, quartered
1 egg, hard-boiled
1/2 cup sliced almonds
1 teaspoon seasoned salt
1/4 teaspoon seasoned pepper
2 tablespoons brandy
1/3 cup mayonnaise or salad dressing
dash red pepper seasoning

In an electric blender, Combine the tuna, onion, egg, almonds, salt, pepper, brandy, mayonnaise and red pepper seasoning. Cover and process at high speed for 2 minutes or until the mixture forms a thick paste.

Line a three-cup mold (or bowl) with plastic wrap. Pack the mixture into the bowl and cover with plastic wrap.

Refrigerate for at least six hours.

Unmold the mixture by lifting the plastic wrap from the bowl or mold. Invert onto a serving plate.

Per Serving (excluding unknown items): 72 Calories; 4g Fat (57.3% calories from fat); 5g Protein; 2g Carbohydrate; 1g Dietary Fiber; 23mg Cholesterol; 126mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	72	Vitamin B6 (mg):	.1mg
% Calories from Fat:	57.3%	Vitamin B12 (mcg):	1.4mcg
% Calories from Carbohydrates:	12.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	30.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	6mcg
Saturated Fat (g):	1g	Niacin (mg):	1mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	6
Cholesterol (mg):	23mg	% Refuse:	0 0%

Carbohydrate (g):	2g
Dietary Fiber (g):	1g
Protein (g):	5g
Sodium (mg):	126mg
Potassium (mg):	101mg
Calcium (mg):	20mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	330IU
Vitamin A (r.e.):	98 1/2RE

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 72 Calories from Fat: 41

% Daily Values*

Total Fat 4g	7%
Saturated Fat 1g	3%
Cholesterol 23mg	8%
Sodium 126mg	5%
Total Carbohydrates 2g	1%
Dietary Fiber 1g	2%
Protein 5g	

Vitamin A	7%
Vitamin C	1%
Calcium	2%
Iron	3%

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