

Tuna Balls

What's Cooking II

North American Institute of Modern Cuisine

Servings: 24

8 ounces cream cheese, softened
1/2 cup canned tuna, drained
1/4 cup mayonnaise
1 teaspoon tarragon
pinch pepper
1/4 cup toasted almonds

In a bowl, combine the cream cheese, tuna, mayonnaise, tarragon and pepper. Mix to a firm paste.

Shape into 24 balls. Roll in the toasted almonds. Refrigerate for one hour. Serve.

Per Serving (excluding unknown items): 62 Calories; 6g Fat (84.4% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 12mg Cholesterol; 52mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 0 Fruit; 1 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	62
% Calories from Fat:	84.4%
% Calories from Carbohydrates:	3.9%
% Calories from Protein:	11.7%
Total Fat (g):	6g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	12mg
Carbohydrate (g):	1g
Dietary Fiber (g):	trace
Protein (g):	2g
Sodium (mg):	52mg
Potassium (mg):	33mg
Calcium (mg):	13mg
Iron (mg):	trace
Zinc (mg):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

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

Vitamin C (mg): trace
Vitamin A (i.u.): 146IU
Vitamin A (r.e.): 42 1/2RE

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 62 Calories from Fat: 52

% Daily Values*

Total Fat 6g	9%
Saturated Fat 2g	12%
Cholesterol 12mg	4%
Sodium 52mg	2%
Total Carbohydrates 1g	0%
Dietary Fiber trace	1%
Protein 2g	
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Vitamin A	3%
Vitamin C	0%
Calcium	1%
Iron	1%

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