

Tuna spread

Total weight = 169.0g

Hagomoro シーチキンファンシー – 99.8g

Oikos Greek yogurt plain, unsweetened – 38.0g

S=O PICKLES アメリカンスイートレリッシュ – 20g

Per 17g

Calories: 14

Carbs – 3.5g

Fat – 0g

Protein – 0.1g

Salt equivalent – 0.2 g

Dried dill – ¼ tsp

Calif. Harvest salsa – 17.2g



🍽️ Estimated Totals for Full 169g Recipe

Nutrient	Estimated Total
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Calories	~226 kcal
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Protein	~23.4g
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Fat	~11.7g
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– Sat. Fat	~1.8g
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Carbs	~6.7g
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– Sugars	~3.2g
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Fiber	~0.8g
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Sodium	~550mg (salt equiv. ~1.4g)
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🍴 Per Gram (based on 169g total):

Nutrient	Per 1g
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Calories	1.34 kcal
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Protein	0.138g
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Fat	0.069g
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– Sat. Fat	0.011g
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Carbs	0.040g
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– Sugars	0.019g
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Fiber	0.005g
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Sodium	3.25mg
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