

# Tuna Mousse or Spuma di Tonno

Yield: 1 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/tuna-mousse-recipe-south-africa>

## Ingredients:

- 1 can tuna packed in olive oil 7 oz.
- 4 teaspoons mayo recipe called for soft butter
- 1 tablespoon half-and-half recipe called for cream, which I didn't have
- 2 teaspoons balsamic vinegar I like Fini balsamic vinegar
- 2 teaspoons soy sauce
- 2 teaspoons fresh lemon juice
- sea salt
- ground black pepper

## Nutrition:

1. Calories: 110 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 10 milligrams
4. Fat: 8 grams
5. Protein: 1 grams
6. SaturatedFat: 2 grams
7. Sodium: 1520 milligrams
8. Sugar: 3 grams

---

Thank you for visiting our website. Hope you enjoy Tuna Mousse or Spuma di Tonno above. You can see more 16 tuna mousse recipe south africa Experience flavor like never before! to get more great cooking ideas.