



American Caviar with Crispy Yukon Gold Potato Pancakes

READY IN



45 min.

SERVINGS



16

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons all purpose flour
- ☐ 2 ounces american sturgeon caviar
- ☐ 0.3 cup crème fraîche
- ☐ 1 large eggs
- ☐ 0.3 teaspoon ground pepper black
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.5 teaspoon salt

- ☐ 16 servings vegetable oil for frying
- ☐ 1 pound yukon gold potatoes peeled

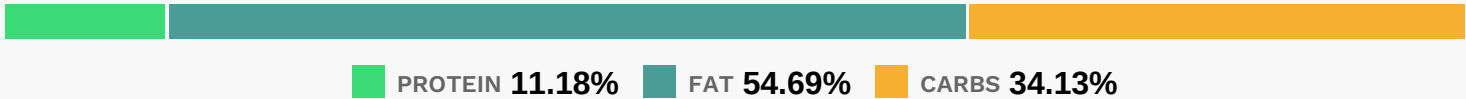
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sieve
- ☐ box grater

Directions

- ☐ Using largest holes on box grater, shred potatoes into large bowl.
- ☐ Mix in egg and next 4 ingredients.
- ☐ Transfer potato mixture to strainer set over same bowl.
- ☐ Add enough oil to heavy medium skillet to reach depth of 1/4 inch.
- ☐ Heat oil over medium-high heat. Working in batches, drop batter by rounded tablespoonfuls into hot oil, flattening with back of spoon to form 2- to 3-inch-diameter 1/4-inch-thick pancakes. Fry until golden brown, about 4 minutes per side.
- ☐ Transfer pancakes to paper towels to drain.
- ☐ Top pancakes with crème fraîche, red onion, and caviar; serve.
- ☐ *Available at some supermarkets and at specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:13.61, Glycemic Load:4.2, Inflammation Score:-2, Nutrition Score:3.547391259152%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg,

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 72.08kcal (3.6%), Fat: 4.47g (6.87%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 5.57g (2.03%), Sugar: 0.47g (0.52%), Cholesterol: 34.58mg (11.53%), Sodium: 133.21mg (5.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.05g (4.11%), Vitamin B12: 0.74µg (12.4%), Vitamin C: 5.92mg (7.18%), Vitamin K: 5.84µg (5.56%), Selenium: 3.83µg (5.47%), Vitamin B6: 0.11mg (5.27%), Magnesium: 18.42mg (4.6%), Iron: 0.75mg (4.18%), Potassium: 139.98mg (4%), Phosphorus: 39.51mg (3.95%), Vitamin B2: 0.06mg (3.34%), Manganese: 0.06mg (3.01%), Fiber: 0.7g (2.8%), Vitamin B5: 0.28mg (2.76%), Vitamin B1: 0.04mg (2.67%), Folate: 10.25µg (2.56%), Vitamin E: 0.35mg (2.31%), Copper: 0.04mg (2.01%), Calcium: 19.44mg (1.94%), Vitamin B3: 0.37mg (1.84%), Vitamin A: 72.14IU (1.44%), Zinc: 0.18mg (1.2%), Vitamin D: 0.17µg (1.1%)