



California Caviar Tasting

READY IN



10 min.

SERVINGS



10

CALORIES



797 kcal

Ingredients

- 12 crusty baguette toasted sliced
- 1 oz caviar
- 1 tablespoon chives chopped
- 0.3 cup crème fraîche
- 1 teaspoon lemon zest shredded
- 2 tablespoons shallots minced

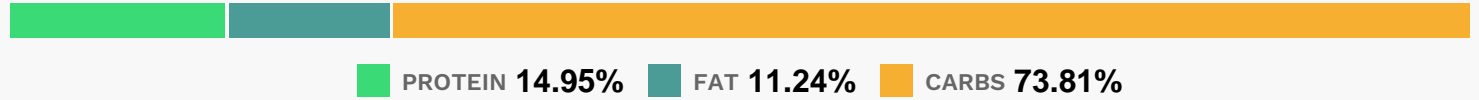
Equipment

- bowl

Directions

- Set caviar jar in a small bowl of ice on a plate. In smaller, individual dishes, put creme frache, shallots, chives, and lemon zest.
- Serve with melba toast or toasted baguette slices.
- *Order sustainable California caviar from Tsar Nicoulai Caviar (tsarnicoulai.com).

Nutrition Facts



Properties

Glycemic Index:14.68, Glycemic Load:99.1, Inflammation Score:-8, Nutrition Score:31.626521683258%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 797.49kcal (39.87%), Fat: 9.82g (15.1%), Saturated Fat: 2.33g (14.55%), Carbohydrates: 145.06g (48.35%), Net Carbohydrates: 138.67g (50.42%), Sugar: 14.44g (16.04%), Cholesterol: 20.06mg (6.69%), Sodium: 1898.57mg (82.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.37g (58.74%), Vitamin B1: 1.75mg (116.94%), Folate: 323.78µg (80.95%), Selenium: 53.7µg (76.71%), Manganese: 1.4mg (70.05%), Vitamin B3: 13.64mg (68.18%), Iron: 10.72mg (59.57%), Vitamin B2: 0.99mg (58.3%), Calcium: 329.89mg (32.99%), Phosphorus: 300.86mg (30.09%), Fiber: 6.39g (25.57%), Magnesium: 87.66mg (21.91%), Copper: 0.37mg (18.48%), Vitamin B6: 0.33mg (16.55%), Zinc: 2.43mg (16.17%), Vitamin B5: 1.26mg (12.6%), Potassium: 392.21mg (11.21%), Vitamin B12: 0.58µg (9.65%), Vitamin K: 9.76µg (9.29%), Vitamin E: 0.95mg (6.32%), Vitamin A: 74.72IU (1.49%)