



Caviar and Leek Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



209 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons caviar
- ☐ 0.5 cup cooking wine dry white
- ☐ 2 medium leeks split with 3 inches of green, lengthwise and thickly sliced crosswise
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 4 servings salt and pepper freshly ground
- ☐ 0.8 cup cup heavy whipping cream sour at room temperature
- ☐ 2 tablespoons butter unsalted

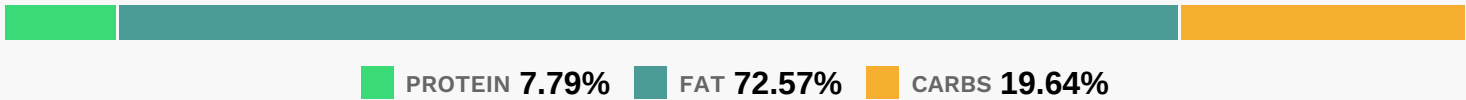
Equipment

☐ frying pan

Directions

- ☐ Melt the butter in a medium sauce-pan.
- ☐ Add the leeks and cook over low heat, stirring, until softened but not browned, about 7 minutes.
- ☐ Add the wine and simmer until reduced to 2 tablespoons, about 4 minutes.
- ☐ Remove the sauce from the heat and stir in the sour cream and then the caviar. Season with the lemon juice and salt and pepper.
- ☐ Make Ahead: The recipe can be prepared though Step 1 up to 6 hours in advance and kept at room temperature. Rewarm before finishing.
- ☐ Serve With: Pan-fried or poached halibut steaks, mahimahi or tilefish fillets; pan-roasted chicken breasts; baked potatoes; fresh pasta; steamed asparagus or artichokes

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:1.88, Inflammation Score:-7, Nutrition Score:8.8408696081327%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 208.72kcal (10.44%), Fat: 15.61g (24.02%), Saturated Fat: 8.29g (51.84%), Carbohydrates: 9.51g (3.17%), Net Carbohydrates: 8.7g (3.16%), Sugar: 3.53g (3.92%), Cholesterol: 87.53mg (29.18%), Sodium: 338.34mg (14.71%), Alcohol: 3.09g (100%), Alcohol %: 2.91% (100%), Protein: 3.77g (7.55%), Vitamin B12: 1.7µg (28.37%), Vitamin A: 1257.89IU (25.16%), Vitamin K: 22.22µg (21.16%), Manganese: 0.26mg (12.94%), Iron: 2mg (11.12%), Magnesium: 43.99mg (11%), Selenium: 7.38µg (10.55%), Calcium: 96.39mg (9.64%), Folate: 35.83µg (8.96%), Phosphorus:

84.01mg (8.4%), Vitamin B2: 0.14mg (8.38%), Vitamin B6: 0.16mg (8.14%), Vitamin C: 6.21mg (7.53%), Vitamin E: 0.89mg (5.92%), Vitamin B5: 0.51mg (5.1%), Potassium: 172.79mg (4.94%), Copper: 0.07mg (3.63%), Vitamin B1: 0.05mg (3.51%), Fiber: 0.8g (3.22%), Vitamin D: 0.34µg (2.25%), Zinc: 0.32mg (2.1%), Vitamin B3: 0.26mg (1.32%)