



Caviar Dip

 Gluten Free

READY IN



30 min.

SERVINGS



1

CALORIES



1222 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 serving pepper black freshly ground
- 8 ounces cream cheese at room temperature
- 2 tablespoons freshly dill minced for garnish
- 0.3 teaspoon kosher salt
- 2 teaspoons juice of lemon freshly squeezed
- 1 tablespoon milk
- 100 grams carrot good
- 1 scallion white green minced (and parts)

0.5 cup cup heavy whipping cream sour

Equipment

- bowl
- blender
- hand mixer
- spatula

Directions

- In the bowl of an electric mixer fitted with a paddle attachment, cream the cream cheese until smooth. With the mixer on medium speed, add the sour cream, lemon juice, dill, scallion, milk, salt, and pepper. With a rubber spatula, fold in 3/4 of the salmon roe. Spoon the dip into a bowl and garnish with the remaining salmon roe and sprigs of fresh dill.
- Serve with chips, toasts, or crackers.

Nutrition Facts

 **PROTEIN 12.68%** **FAT 80.48%** **CARBS 6.84%**

Properties

Glycemic Index:106, Glycemic Load:3.58, Inflammation Score:-10, Nutrition Score:37.638695675394%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

Nutrients (% of daily need)

Calories: 1222.12kcal (61.11%), Fat: 112.22g (172.65%), Saturated Fat: 62.35g (389.67%), Carbohydrates: 21.46g (7.15%), Net Carbohydrates: 21.08g (7.66%), Sugar: 13.42g (14.91%), Cholesterol: 687.86mg (229.29%), Sodium: 1426.74mg (62.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.77g (79.55%), Vitamin B12: 8.76µg (146.07%), Selenium: 64.6µg (92.28%), Vitamin A: 4464.35IU (89.29%), Vitamin B2: 1.5mg (88.04%), Vitamin D: 12.34µg (82.27%), Phosphorus: 746.7mg (74.67%), Vitamin E: 9.61mg (64.05%), Calcium: 379.75mg (37.97%),

Vitamin K: 32.17µg (30.64%), Folate: 114.81µg (28.7%), Vitamin B5: 2.74mg (27.44%), Vitamin C: 21.53mg (26.1%),
Vitamin B1: 0.33mg (21.85%), Potassium: 729.14mg (20.83%), Zinc: 2.61mg (17.41%), Vitamin B6: 0.35mg (17.25%),
Magnesium: 56.59mg (14.15%), Vitamin B3: 2.21mg (11.04%), Copper: 0.18mg (8.88%), Iron: 1.2mg (6.66%),
Manganese: 0.09mg (4.63%), Fiber: 0.38g (1.54%)