



Caviar Dream with Endive and Baby Potatoes

 Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 heads belgian endive white red separated
- ☐ 30 servings caviar black red
- ☐ 30 servings chives fresh chopped
- ☐ 0.3 cup chives fresh chopped
- ☐ 30 servings pepper black
- ☐ 6 hardboiled eggs shelled chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 3 pounds potatoes – remove skin halved

- ☐ 0.3 teaspoon salt
- ☐ 2 cups cream sour

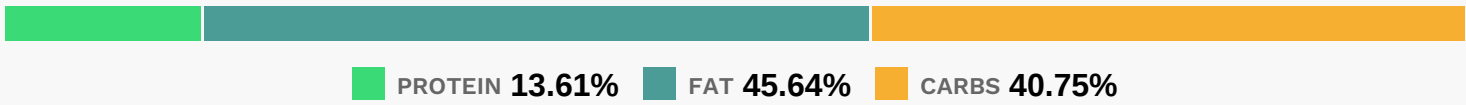
Equipment

- ☐ bowl

Directions

- ☐ Combine first 5 ingredients in medium bowl.
- ☐ Add pepper to taste; stir to blend.
- ☐ Transfer to serving bowl.
- ☐ Sprinkle additional chives around edge of sauce. Steam potatoes in batches until just tender, about 12 minutes per batch. Cool. (Sauce and potatoes can be prepared 1 day ahead. Cover separately and chill.)
- ☐ Place bowl of sauce in center of platter. Arrange potatoes and endive on platter.
- ☐ Place dollop of red caviar in center of sauce.
- ☐ Place remaining caviar nearby.

Nutrition Facts



Properties

Glycemic Index:4.07, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:4.2321738833966%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 82.78kcal (4.14%), Fat: 4.3g (6.62%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 8.64g (2.88%), Net Carbohydrates: 7.48g (2.72%), Sugar: 1.25g (1.39%), Cholesterol: 52.23mg (17.41%), Sodium: 59.97mg (2.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.77%), Potassium: 267.95mg (7.66%), Selenium: 4.57µg (6.53%), Phosphorus: 63.8mg (6.38%), Vitamin C: 5.24mg (6.35%), Vitamin B2: 0.1mg (6%), Vitamin B12: 0.34µg

(5.72%), Vitamin B6: 0.11mg (5.27%), Manganese: 0.1mg (4.86%), Folate: 19.39µg (4.85%), Fiber: 1.16g (4.64%), Vitamin A: 221.43IU (4.43%), Vitamin K: 4.59µg (4.37%), Magnesium: 17.32mg (4.33%), Vitamin B5: 0.37mg (3.74%), Vitamin B1: 0.06mg (3.74%), Copper: 0.07mg (3.74%), Iron: 0.64mg (3.54%), Calcium: 31.49mg (3.15%), Vitamin B3: 0.57mg (2.85%), Zinc: 0.34mg (2.27%), Vitamin D: 0.25µg (1.66%), Vitamin E: 0.19mg (1.26%)