

Caviar Eggs

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



113 kcal

SIDE DISH

Ingredients

- ☐ 6 large eggs
- ☐ 0.3 cup cup heavy whipping cream chilled
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 tablespoons rainbow-colored candy
- ☐ 1 teaspoon vodka
- ☐ 2 teaspoons vinegar white

Equipment

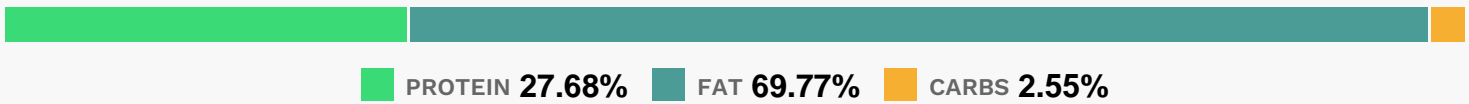
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Carefully remove top third of each eggshell by tapping around egg with a paring knife, then gently pry off top and discard.
- ☐ Pour eggs into a bowl, reserving shells.
- ☐ Use a knife to tear any membrane remaining in bottom of eggshells. Generously cover shells with cold water in a 3-qt saucepan and add vinegar. Simmer over medium heat, gently stirring occasionally and skimming off any foam, 15 minutes. Carefully transfer shells with a slotted spoon to a rack to cool. Gently wipe shells inside and out with a damp paper towel to clean completely. 3Put eggshells in eggcups or small glasses to keep them upright.
- ☐ Beat cream with a whisk until it just holds stiff peaks, then beat in lemon juice, vodka, 1/4 teaspoon salt, and 1/8 teaspoon cayenne.
- ☐ Lightly beat eggs with a fork, then add 1 1/2 tablespoons butter, 1/8 teaspoon salt, and remaining pinch of cayenne. Melt remaining tsp butter in nonstick skillet over medium heat, then cook egg mixture, stirring constantly, until eggs are just scrambled, 3 to 5 minutes. Divide among shells and top with whipped cream and caviar.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.566086989787%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 113.49kcal (5.67%), Fat: 8.51g (13.09%), Saturated Fat: 3.88g (24.26%), Carbohydrates: 0.7g (0.23%), Net Carbohydrates: 0.7g (0.25%), Sugar: 0.5g (0.55%), Cholesterol: 200.11mg (66.7%), Sodium: 75.26mg (3.27%), Alcohol: 0.28g (100%), Alcohol %: 0.52% (100%), Protein: 7.59g (15.19%), Selenium: 16.28µg (23.25%), Vitamin B2: 0.25mg (14.85%), Phosphorus: 118.28mg (11.83%), Vitamin B12: 0.68µg (11.34%), Vitamin B5: 0.84mg (8.39%), Vitamin A: 418.88IU (8.38%), Vitamin D: 1.16µg (7.72%), Folate: 24.65µg (6.16%), Vitamin B6: 0.11mg (5.44%), Iron: 0.92mg (5.11%), Zinc: 0.72mg (4.82%), Vitamin E: 0.62mg (4.12%), Calcium: 38mg (3.8%), Potassium: 103.03mg (2.94%), Copper: 0.04mg (2.14%), Magnesium: 8.29mg (2.07%), Vitamin B1: 0.03mg (1.89%), Vitamin B3: 0.31mg (1.55%), Manganese: 0.02mg (1.15%)