



Caviar Julia

 Gluten Free

READY IN



30 min.

SERVINGS



16

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3.5 ounces caviar black
- ☐ 3.5 ounces caviar red
- ☐ 8 ounce cream cheese softened
- ☐ 4 green onions
- ☐ 6 hard-cooked eggs peeled chopped
- ☐ 3 tablespoons mayonnaise
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1.5 cups onion yellow chopped

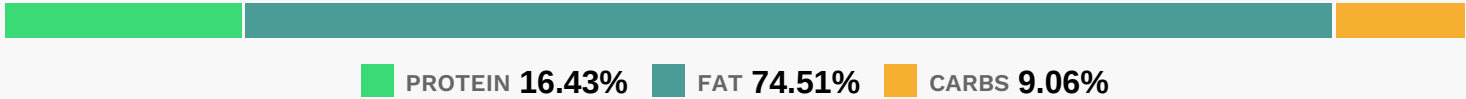
Equipment

- ☐ bowl
- ☐ baking pan

Directions

- ☐ In a medium bowl, mix together the cream cheese, sour cream and mayonnaise. Stir in the onion and chopped egg.
- ☐ Spread the mixture in a shallow baking dish or glass pie plate.
- ☐ Spoon red and black caviar in a checkerboard pattern over the top. Slice green onions into long thin strips, and use the strips to outline the checkerboard pattern. Chill until serving.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.57, Inflammation Score:-5, Nutrition Score:8.2121739050616%

Flavonoids

Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 164.69kcal (8.23%), Fat: 13.86g (21.32%), Saturated Fat: 5.75g (35.91%), Carbohydrates: 3.79g (1.26%), Net Carbohydrates: 3.46g (1.26%), Sugar: 1.95g (2.17%), Cholesterol: 166.77mg (55.59%), Sodium: 276.01mg (12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.75%), Vitamin B12: 2.75µg (45.89%), Selenium: 15.8µg (22.58%), Vitamin B2: 0.24mg (13.93%), Magnesium: 43.92mg (10.98%), Phosphorus: 108.51mg (10.85%), Vitamin K: 11.19µg (10.66%), Vitamin A: 521.59IU (10.43%), Iron: 1.81mg (10.03%), Vitamin B5: 0.85mg (8.51%), Calcium: 77.57mg (7.76%), Folate: 21.49µg (5.37%), Vitamin D: 0.78µg (5.18%), Vitamin B6: 0.1mg (4.81%), Vitamin E: 0.71mg (4.73%), Vitamin B1: 0.05mg (3.39%), Potassium: 113.46mg (3.24%), Zinc: 0.47mg (3.16%), Vitamin C: 1.8mg (2.19%), Manganese: 0.04mg (1.93%), Copper: 0.03mg (1.5%), Fiber: 0.33g (1.33%)