



Caviar Moons

READY IN



45 min.

SERVINGS



40

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3.5 oz caviar (preferably osetra)
- ☐ 0.5 cup cream sour
- ☐ 2 tablespoons butter unsalted melted
- ☐ 10 slices sandwich bread white firm very thin

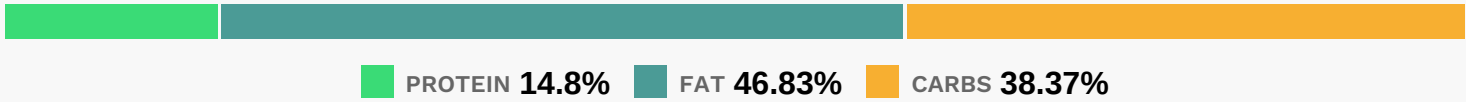
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350°F.
- ☐ Brush bread with melted butter and cut out 40 moons. Arrange, buttered sides up, on a large baking sheet and bake in middle of oven until pale golden, about 10 minutes. Cool completely.
- ☐ Serve toasts topped with sour cream and caviar.
- ☐ Cooks' note
- ☐ Toasts may be made 1 day ahead and kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:1.87, Glycemic Load:2.19, Inflammation Score:-1, Nutrition Score:1.6956521744799%

Nutrients (% of daily need)

Calories: 34.14kcal (1.71%), Fat: 1.79g (2.76%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 3.31g (1.1%), Net Carbohydrates: 3.16g (1.15%), Sugar: 0.43g (0.48%), Cholesterol: 17.79mg (5.93%), Sodium: 67.99mg (2.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.28g (2.55%), Vitamin B12: 0.5µg (8.39%), Selenium: 3.19µg (4.55%), Iron: 0.51mg (2.82%), Vitamin B1: 0.04mg (2.47%), Magnesium: 9.43mg (2.36%), Calcium: 23.08mg (2.31%), Folate: 8.37µg (2.09%), Vitamin B2: 0.04mg (2.09%), Manganese: 0.04mg (1.93%), Phosphorus: 18.25mg (1.82%), Vitamin B3: 0.3mg (1.52%), Vitamin B5: 0.13mg (1.31%), Vitamin A: 57.92IU (1.16%)