



Caviar on Pumpernickel with Sour Cream

READY IN



25 min.

SERVINGS



36

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 150 g caviar (5 ounces; preferably osetra)
- ☐ 36 servings chives fresh chopped
- ☐ 2 large eggs
- ☐ 1 bread
- ☐ 0.5 cup cream sour
- ☐ 0.3 cup onion white minced

Equipment

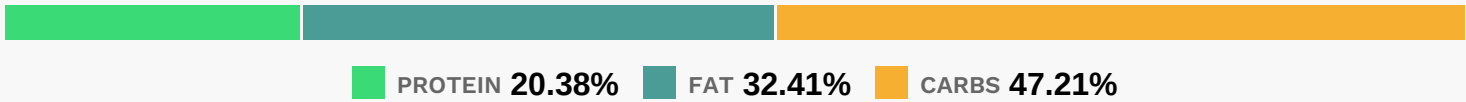
- ☐ bowl

- ☐ sieve
- ☐ plastic wrap

Directions

- ☐ Force eggs through a sieve into a small bowl and gently toss with onion.
- ☐ Trim 36 pumpernickel slices to 1 1/4-inch squares, then top each with 1/2 teaspoon sour cream, 1/2 teaspoon egg, and 1/2 teaspoon caviar.
- ☐ • Eggs can be boiled 2 days ahead and chilled. Mince onion and add to egg within 1 hour of serving. • Pumpernickel squares can be cut 1 day ahead and kept, wrapped tightly in plastic wrap, at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.24, Glycemic Load:4.48, Inflammation Score:-2, Nutrition Score:3.414347830026%

Flavonoids

Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 52.26kcal (2.61%), Fat: 1.91g (2.93%), Saturated Fat: 0.64g (4%), Carbohydrates: 6.25g (2.08%), Net Carbohydrates: 5.96g (2.17%), Sugar: 0.7g (0.78%), Cholesterol: 36.72mg (12.24%), Sodium: 134.4mg (5.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.7g (5.4%), Vitamin B12: 0.86µg (14.41%), Selenium: 6.89µg (9.85%), Vitamin B1: 0.09mg (5.99%), Iron: 1mg (5.55%), Vitamin B2: 0.09mg (5.46%), Folate: 18.51µg (4.63%), Magnesium: 17.24mg (4.31%), Phosphorus: 35.33mg (3.53%), Manganese: 0.07mg (3.33%), Vitamin B3: 0.55mg (2.77%), Vitamin B5: 0.24mg (2.41%), Vitamin A: 116.16IU (2.32%), Calcium: 23.19mg (2.32%), Vitamin K: 2.29µg (2.18%), Vitamin B6: 0.03mg (1.7%), Zinc: 0.21mg (1.39%), Copper: 0.03mg (1.3%), Vitamin D: 0.18µg (1.18%), Fiber: 0.29g (1.15%)