



Caviar Parfaits

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



194 kcal

Ingredients

- ☐ 2 ounces caviar
- ☐ 8 ounce crème fraîche sour
- ☐ 1 large egg whites
- ☐ 1 teaspoon chives fresh chopped
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 3 hardboiled eggs finely grated
- ☐ 2 teaspoons horseradish prepared
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 tablespoon onion red chopped

- ☐ 16 ounce baking potatoes
- ☐ 4 ounces salmon smoked chopped
- ☐ 8 servings vegetable oil for frying

Equipment

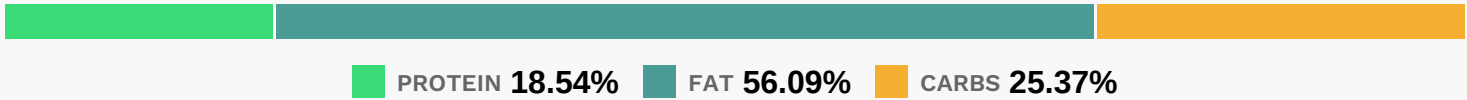
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ hand mixer
- ☐ cookie cutter

Directions

- ☐ Preheat oven to 375°F.
- ☐ Bake potatoes until tester can pierce center but potatoes are not yet tender, about 30 minutes. Cool. Peel and coarsely grate potatoes.
- ☐ Transfer grated potatoes to bowl.
- ☐ Add chives. Season to taste with salt and pepper.
- ☐ Mix in egg white. Oil baking sheet. Press 1 heaping tablespoon potato mixture onto sheet, forming 2-inch round. Repeat with remaining mixture, forming 8 cakes total.
- ☐ Add enough oil to heavy large skillet to reach depth of 1 inch.
- ☐ Heat oil to 350°F.
- ☐ Add potato cakes to skillet and fry until golden, about 2 minutes.
- ☐ Drain on paper towels. (Can be made 1 day ahead. Cool; cover and chill. Rewarm in 350°F oven about 10 minutes before serving.)
- ☐ Gently mix all ingredients in small bowl.
- ☐ Combine first 4 ingredients in medium bowl. Using electric mixer, beat until peaks form. Season with salt and pepper.
- ☐ Place 1 warm potato cake in center of plate.

- ☐
- Place 2-inch-diameter cookie cutter or biscuit cutter with 1-inch-high sides around potato cake. Top cake with 2 tablespoons egg mixture; press to adhere. Press 2 tablespoons salmon atop. Dollop with 2 tablespoons horseradish crème fraîche. Gently remove cookie cutter. Smooth top. Top with small spoonful caviar. Repeat with remaining cakes.
- ☐
- Drizzle basil oil around if using.

Nutrition Facts



Properties

Glycemic Index:27.97, Glycemic Load:8.13, Inflammation Score:-4, Nutrition Score:10.457826137543%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 193.73kcal (9.69%), Fat: 12.24g (18.83%), Saturated Fat: 4.34g (27.12%), Carbohydrates: 12.46g (4.15%), Net Carbohydrates: 11.58g (4.21%), Sugar: 1.74g (1.93%), Cholesterol: 131.6mg (43.87%), Sodium: 264.78mg (11.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.21%), Vitamin B12: 2.15µg (35.85%), Selenium: 17.16µg (24.51%), Vitamin D: 3.04µg (20.28%), Vitamin B6: 0.3mg (14.81%), Vitamin K: 15.2µg (14.47%), Vitamin B2: 0.24mg (14.15%), Phosphorus: 135.25mg (13.52%), Magnesium: 42.86mg (10.71%), Potassium: 348.69mg (9.96%), Iron: 1.74mg (9.68%), Vitamin B5: 0.91mg (9.14%), Vitamin A: 399.02IU (7.98%), Calcium: 69.18mg (6.92%), Vitamin B3: 1.32mg (6.61%), Vitamin C: 5.27mg (6.39%), Folate: 23.79µg (5.95%), Vitamin E: 0.87mg (5.78%), Vitamin B1: 0.08mg (5.53%), Copper: 0.11mg (5.5%), Manganese: 0.11mg (5.39%), Zinc: 0.59mg (3.91%), Fiber: 0.87g (3.49%)