



Cool Caviar Dip

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

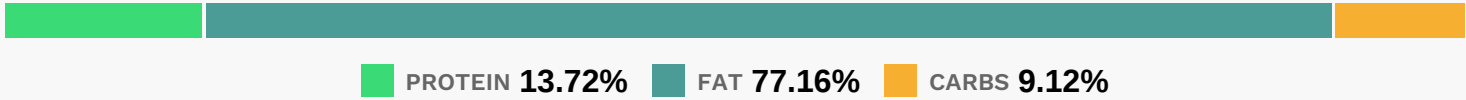
- ☐ 2.5 tablespoons chives fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 ounce salmon caviar red drained
- ☐ 4 servings garnishes: salmon caviar fresh red
- ☐ 1 cup cup heavy whipping cream sour

Equipment

Directions

- ☐ Stir together first 3 ingredients. Stir in caviar. Cover and chill at least 6 hours.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:5.7352173917967%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 136.94kcal (6.85%), Fat: 12.15g (18.7%), Saturated Fat: 6.03g (37.71%), Carbohydrates: 3.23g (1.08%), Net Carbohydrates: 3.17g (1.15%), Sugar: 2.09g (2.32%), Cholesterol: 90.68mg (30.23%), Sodium: 31.73mg (1.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Vitamin B12: 1.33µg (22.25%), Vitamin B2: 0.21mg (12.45%), Vitamin D: 1.84µg (12.24%), Selenium: 8.26µg (11.81%), Phosphorus: 106.09mg (10.61%), Vitamin A: 485.44IU (9.71%), Vitamin E: 1.29mg (8.6%), Calcium: 63.36mg (6.34%), Vitamin C: 5.12mg (6.21%), Vitamin K: 4.89µg (4.65%), Folate: 17.7µg (4.43%), Vitamin B5: 0.36mg (3.56%), Vitamin B1: 0.05mg (3.35%), Potassium: 114.82mg (3.28%), Vitamin B6: 0.05mg (2.55%), Magnesium: 9.8mg (2.45%), Zinc: 0.35mg (2.36%), Vitamin B3: 0.34mg (1.71%), Copper: 0.03mg (1.45%)