



Egg and Gribenes Spread

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



54 kcal

SIDE DISH

Ingredients

- 8 servings pepper black freshly ground
- 0.3 teaspoon ground pepper
- 1 small celery stalks diced
- 4 large eggs
- 1 teaspoon fish sauce
- 8 servings kosher salt
- 1 tablespoon juice of lemon minced for at least 5 minutes
- 0.5 onion diced spanish finely

- 1 tablespoons schmaltz
- 2 tablespoons frangelico
- 2 tablespoons frangelico

Equipment

- food processor
- frying pan
- sauce pan
- pressure cooker
- meat grinder

Directions

- In a small saucepan, cover the eggs with 1 inch/3 centimeters of water and bring the water to a boil over high heat. As soon as the water reaches a full boil, cover the pan and take it off the heat.
- Let the eggs sit in the covered pan, off the heat, for 12 to 15 minutes, then remove them from the water. (Or, if you have a pressure cooker, steam them for 7 minutes, then chill; these are invariably easier to peel.) Run the eggs under cold water, or transfer them to an ice bath, till they're thoroughly chilled. Peel the eggs.
- Meanwhile, in a separate small saucepan over medium heat, saute half the onion in 1 teaspoon schmaltz till translucent. It's a good idea to give them a pinch of salt as you do this, don't be shy.
- Transfer the onions to a plate and allow to cool slightly.
- Combine all the ingredients except the celery and gribenes and do any of the following: put them through a meat grinder fitted with a medium or small die; coarsely chop them in a food processor; chop by hand and finish by mashing to a pleasing consistency with a fork. Then fold in the celery and the gribenes.
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Nutrition Facts



■ PROTEIN 24.59% ■ FAT 67.25% ■ CARBS 8.16%

Properties

Glycemic Index:15.38, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:2.7134782581226%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 54.09kcal (2.7%), Fat: 4g (6.15%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 1.09g (0.36%), Net Carbohydrates: 0.92g (0.33%), Sugar: 0.47g (0.52%), Cholesterol: 94.6mg (31.53%), Sodium: 288.9mg (12.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.58%), Selenium: 7.8µg (11.14%), Vitamin B2: 0.12mg (6.93%), Phosphorus: 52.16mg (5.22%), Vitamin B5: 0.4mg (3.98%), Vitamin B12: 0.23µg (3.77%), Folate: 14.08µg (3.52%), Vitamin D: 0.5µg (3.33%), Vitamin A: 164.14IU (3.28%), Vitamin B6: 0.06mg (2.84%), Iron: 0.48mg (2.65%), Zinc: 0.34mg (2.27%), Vitamin E: 0.33mg (2.21%), Calcium: 16.87mg (1.69%), Manganese: 0.03mg (1.64%), Vitamin C: 1.3mg (1.58%), Potassium: 52.56mg (1.5%), Magnesium: 5.44mg (1.36%), Copper: 0.02mg (1.16%)