



Eggs Stuffed with Caviar: Yaitsa Farshirovanniye Krasnoy Ikroy

 Gluten Free

READY IN



85 min.

SERVINGS



6

CALORIES



127 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup crème fraîche sour
- ☐ 3 tablespoons chives fresh snipped
- ☐ 6 hard-cooked eggs peeled halved lengthwise
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 leaves lettuce micro cabbage red for garnish
- ☐ 6 servings parsley sprigs for garnish
- ☐ 4 ounces salmon caviar

☐ 1 pinch salt

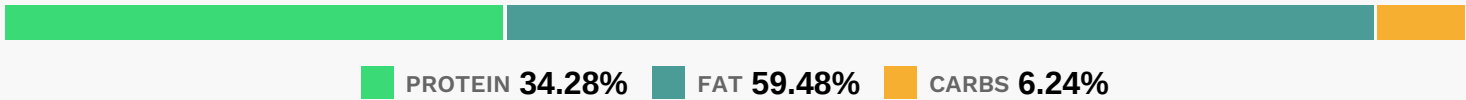
Equipment

☐ bowl

Directions

- ☐ Remove the yolks from the eggs and place them in a bowl. Mash the yolks with a fork.
- ☐ Add the creme fraiche, chives and lemon juice to the yolks and season very lightly with salt.
- ☐ Mix until the ingredients are well blended.
- ☐ Spoon the yolk mixture back into the whites and top with a teaspoon of caviar. Refrigerate for 1 hour.
- ☐ Arrange on lettuce leaves, garnish each egg with a small parsley sprig and serve.

Nutrition Facts



Properties

Glycemic Index:18.17, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:13.119130246017%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 126.68kcal (6.33%), Fat: 8.43g (12.98%), Saturated Fat: 2.89g (18.04%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.79g (0.65%), Sugar: 1.1g (1.22%), Cholesterol: 262.84mg (87.61%), Sodium: 91.1mg (3.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.94g (21.87%), Vitamin K: 69.45µg (66.14%), Vitamin B12: 2.09µg (34.78%), Selenium: 23.4µg (33.42%), Vitamin B2: 0.42mg (24.66%), Vitamin D: 3.39µg (22.58%), Phosphorus: 173.12mg (17.31%), Vitamin A: 785.46IU (15.71%), Vitamin C: 10.82mg (13.12%), Vitamin E: 1.92mg (12.78%), Folate: 45.98µg (11.5%), Vitamin B5: 0.95mg (9.49%), Vitamin B1: 0.09mg (5.78%), Iron: 1mg (5.54%), Zinc: 0.8mg (5.34%),

Vitamin B6: 0.1mg (5.08%), Calcium: 46.28mg (4.63%), Potassium: 150.38mg (4.3%), Magnesium: 12.76mg (3.19%),
Vitamin B3: 0.45mg (2.25%), Copper: 0.04mg (1.83%), Manganese: 0.03mg (1.51%)