



Eggs Stuffed with Smoked Salmon and Caviar



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

SIDE DISH

Ingredients



8 servings chives chopped



3 tablespoons chives fresh chopped



12 hardboiled eggs shelled separated halved



1.5 tablespoons juice of lemon fresh



8 servings lemon wedges



2 tablespoons olive oil



0.3 cup carrot



12 ounces salmon thinly sliced finely chopped

☐

8 servings thyme sprigs fresh assorted

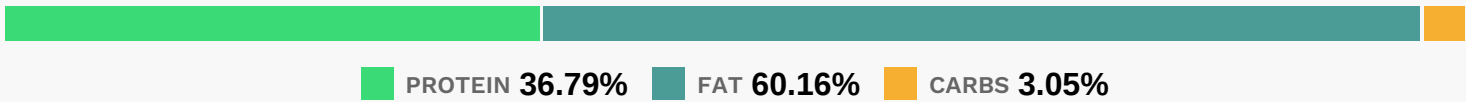
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels

Directions

- ☐ Line rimmed baking sheet with paper towels. Blend 3 tablespoons chives, oil, and lemon juice in medium bowl.
- ☐ Mix in smoked salmon. Fold in caviar. Chop 4 egg yolks (reserve remainder for another use) and stir into salmon mixture. Season to taste with ground black pepper. Pile 1 generous tablespoon salmon mixture in cavity of each egg-white half. Arrange eggs on prepared sheet. Cover with plastic; refrigerate up to 8 hours.
- ☐ Place eggs on platter.
- ☐ Sprinkle with additional chives.
- ☐ Garnish with lemon wedges and herb sprigs.

Nutrition Facts



Properties

Glycemic Index:20.06, Glycemic Load:0.08, Inflammation Score:-8, Nutrition Score:15.503913140815%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 210.07kcal (10.5%), Fat: 13.81g (21.25%), Saturated Fat: 3.45g (21.53%), Carbohydrates: 1.58g (0.53%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.98g (1.08%), Cholesterol: 317.18mg (105.73%), Sodium: 433.39mg (18.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19g (38.01%), Vitamin D: 9.82µg (65.44%), Selenium: 39.88µg (56.98%), Vitamin B12: 2.81µg (46.84%), Vitamin B2: 0.49mg (28.83%), Phosphorus: 231.14mg (23.11%), Vitamin E: 2.38mg (15.86%), Vitamin B5: 1.51mg (15.09%), Vitamin A: 589.5IU (11.79%), Vitamin B6: 0.23mg (11.44%), Vitamin B3: 2.22mg (11.12%), Folate: 42.82µg (10.71%), Iron: 1.53mg (8.53%), Zinc: 1.03mg (6.84%), Vitamin C: 5.46mg (6.62%), Vitamin K: 6.92µg (6.59%), Copper: 0.12mg (6.23%), Potassium: 201.95mg (5.77%), Vitamin B1: 0.08mg (5.35%), Calcium: 50.27mg (5.03%), Magnesium: 19.37mg (4.84%), Manganese: 0.05mg (2.66%)