

# "Fish and Chips"

 Gluten Free

READY IN



60 min.

SERVINGS



80

CALORIES



30 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 6 oz caviar (preferably osetra)
- ☐ 5 oz crème fraîche
- ☐ 1 teaspoon chives fresh finely chopped
- ☐ 1.5 teaspoons lemon zest fresh finely grated to taste
- ☐ 0.3 cup olive oil
- ☐ 4 large baking potatoes (baking)

## Equipment

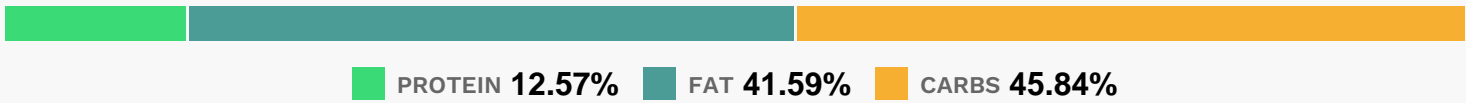
- ☐ baking sheet

- ☐ paper towels
- ☐ oven
- ☐ mandoline
- ☐ spatula

## Directions

- ☐ Preheat oven to 375°F.
- ☐ Stir together crème fraîche, zest, chives, and salt to taste. Chill topping until ready to use.
- ☐ Brush 2 large baking sheets generously with some oil.
- ☐ Cut potatoes crosswise on a slight diagonal into 1/8 -inch-thick slices with mandoline.
- ☐ Cut out 80 potato stars with cutter and arrange in 1 layer on baking sheets.
- ☐ Brush tops with more oil and season with salt.
- ☐ Bake stars in batches in middle of oven until golden and crisp, about 10 minutes (stars may curl). Immediately transfer stars carefully with a metal spatula to paper towels to drain and cool (stars will continue to crisp).
- ☐ Serve stars topped with crème fraîche and caviar.
- ☐ • Crème fraîche topping may be made 2 days ahead and chilled, covered. • Stars may be made 2 days ahead and kept, between paper towels, in an airtight container at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:1.62, Glycemic Load:2.62, Inflammation Score:-1, Nutrition Score:1.623478255842%

## Nutrients (% of daily need)

Calories: 29.69kcal (1.48%), Fat: 1.41g (2.18%), Saturated Fat: 0.36g (2.27%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 3.26g (1.19%), Sugar: 0.18g (0.2%), Cholesterol: 13.55mg (4.52%), Sodium: 33.38mg (1.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Vitamin B12: 0.43µg (7.15%), Vitamin B6: 0.07mg (3.56%), Magnesium: 10.81mg (2.7%), Potassium: 83.1mg (2.37%), Iron: 0.42mg (2.32%), Selenium: 1.53µg (2.19%), Phosphorus: 19.08mg (1.91%), Manganese: 0.03mg (1.51%), Vitamin B5: 0.14mg (1.36%), Vitamin C: 1.12mg (1.36%),

Vitamin B2: 0.02mg (1.31%), Vitamin B1: 0.02mg (1.3%), Copper: 0.02mg (1.09%), Calcium: 10.1mg (1.01%)