



WHATSheATE



Gravlax with Norwegian Caviar Sauce



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings dill sprigs fresh rinsed
- ☐ 1 pound gravlax cure thinly sliced (see notes)
- ☐ 0.3 teaspoon fresh-ground pepper
- ☐ 0.5 teaspoon lemon zest grated
- ☐ 2 oz lumpfish roe red (Norwegian caviar)
- ☐ 0.8 cup heavy whipping cream sour
- ☐ 0.3 cup whipping cream

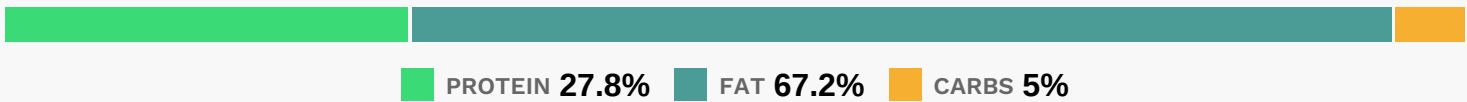
Equipment

- ☐ bowl
- ☐ sieve

Directions

- ☐ In a bowl, stir together sour cream, whipping cream, lemon peel, and pepper.
- ☐ Pour red lumpfish roe into a fine wire strainer and rinse under cold running water.
- ☐ Drain well and stir into sour cream mixture.
- ☐ Arrange gravlax on a platter or plates.
- ☐ Garnish with dill sprigs. Rinse black lumpfish roe in a fine wire strainer, drain, and put in a small bowl.
- ☐ Serve red caviar sauce and black caviar with gravlax to add to taste.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:3.5682609026199%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 211.69kcal (10.58%), Fat: 16.08g (24.74%), Saturated Fat: 5.88g (36.74%), Carbohydrates: 2.69g (0.9%), Net Carbohydrates: 2.66g (0.97%), Sugar: 2.09g (2.32%), Cholesterol: 91.15mg (30.38%), Sodium: 557.34mg (24.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.97g (29.93%), Vitamin B12: 1.47µg (24.58%), Selenium: 5.67µg (8.1%), Vitamin A: 315.93IU (6.32%), Magnesium: 24.12mg (6.03%), Vitamin B2: 0.09mg (5.57%), Iron: 0.88mg (4.89%), Calcium: 46.83mg (4.68%), Phosphorus: 46.11mg (4.61%), Vitamin B5: 0.34mg (3.41%), Vitamin D: 0.32µg (2.16%), Vitamin E: 0.29mg (1.9%), Vitamin B6: 0.03mg (1.74%), Potassium: 48.62mg (1.39%), Folate: 5.31µg (1.33%), Vitamin B1: 0.02mg (1.3%), Zinc: 0.16mg (1.06%)