



Hiziki Caviar with Lemon Tofu Cream and Chives

 Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 48 sesame-flavored rice crackers
- 48 pieces matchstick-cut carrot
- 1 teaspoon sesame oil dark
- 48 pieces chives fresh sliced (1-inch)
- 1 garlic clove minced
- 1 optional: lemon
- 1.5 tablespoons soya sauce low-sodium

- 1 ounce hiziki seaweed dried
- 0.5 cup lemon tofu cream
- 0.5 teaspoon vegetable oil
- 0.7 cup water

Equipment

- food processor
- bowl
- frying pan
- ziploc bags

Directions

- To prepare caviar, place seaweed in a large bowl; cover with hot water to 2 inches above seaweed. Cover and let stand 30 minutes or until soft.
- Drain. Rinse with cold water, and drain.
- Place seaweed in a food processor; process until minced.
- Heat oils in a large nonstick skillet over medium heat.
- Add seaweed; cook 3 minutes, stirring occasionally.
- Add 2/3 cup water, soy sauce, and garlic; bring to a boil. Reduce heat; simmer 6 minutes or until liquid evaporates.
- To prepare remaining ingredients, peel lemon, and cut lengthwise into 6 wedges.
- Cut each wedge crosswise into 8 pieces to yield 48 triangles.
- Place 1 teaspoon seaweed caviar on each cracker.
- Place Lemon Tofu Cream in a small zip-top plastic bag; seal. Snip a small hole in 1 corner of bag; pipe about 1/2 teaspoon tofu cream on each cracker.
- Place 1 lemon triangle, 1 chive piece, and 1 carrot piece on each cracker.

Nutrition Facts



Properties

Glycemic Index:10.15, Glycemic Load:0.27, Inflammation Score:-5, Nutrition Score:3.0713043731192%

Flavonoids

Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg, Eriodictyol: 1.44mg Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg, Hesperetin: 1.88mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 60.23kcal (3.01%), Fat: 2.89g (4.44%), Saturated Fat: 0.6g (3.75%), Carbohydrates: 7.26g (2.42%), Net Carbohydrates: 6.6g (2.4%), Sugar: 1.14g (1.27%), Cholesterol: 0mg (0%), Sodium: 140.64mg (6.11%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Vitamin A: 635.33IU (12.71%), Vitamin K: 12.75µg (12.14%), Vitamin C: 5.61mg (6.8%), Manganese: 0.08mg (3.96%), Folate: 14.8µg (3.7%), Iron: 0.67mg (3.7%), Calcium: 33.11mg (3.31%), Vitamin B1: 0.05mg (3.24%), Phosphorus: 31.96mg (3.2%), Fiber: 0.65g (2.62%), Vitamin B3: 0.52mg (2.61%), Vitamin E: 0.39mg (2.58%), Vitamin B2: 0.04mg (2.17%), Magnesium: 7.19mg (1.8%), Potassium: 46.11mg (1.32%), Copper: 0.02mg (1.24%), Vitamin B6: 0.02mg (1.19%)