



Lumpfish Caviar Pie

 **Gluten Free**

READY IN



205 min.

SERVINGS



6

CALORIES



283 kcal

Ingredients

- ☐ 6 ounces cream cheese softened
- ☐ 4 hard-cooked eggs chopped
- ☐ 2 lemons for garnish cut into wedges,
- ☐ 2 tablespoons mayonnaise
- ☐ 3 sprigs parsley for garnish
- ☐ 3.5 ounces lumpfish roe black
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 cup onion sweet minced

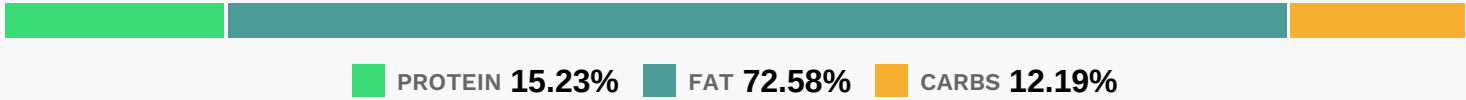
Equipment

- ☐ frying pan
- ☐ knife

Directions

- ☐ Grease an 8-inch spring-form pan and set aside. Stir together the hard-cooked eggs and mayonnaise. Evenly spread into the bottom of the spring-form pan and sprinkle the minced onion over the top. Stir together cream cheese and sour cream until smooth and spread over the onion layer. Cover and chill at least 3 hours in the refrigerator.
- ☐ Once completely chilled, unwrap the pan and spread the lumpfish roe over the top. Run a knife around the edge of the pie and remove the side of the spring-form pan.
- ☐ Garnish with lemon wedges and parsley sprigs before serving.

Nutrition Facts



Properties

Glycemic Index:22.42, Glycemic Load:1.04, Inflammation Score:-7, Nutrition Score:13.854347791361%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg, Eriodictyol: 7.69mg Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg, Hesperetin: 10.04mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg, Quercetin: 4.28mg

Nutrients (% of daily need)

Calories: 283.38kcal (14.17%), Fat: 23.59g (36.29%), Saturated Fat: 9.98g (62.4%), Carbohydrates: 8.91g (2.97%), Net Carbohydrates: 7.65g (2.78%), Sugar: 4.36g (4.85%), Cholesterol: 263.47mg (87.82%), Sodium: 417.12mg (18.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.14g (22.28%), Vitamin B12: 3.79µg (63.09%), Selenium: 24.63µg (35.19%), Vitamin C: 21.2mg (25.69%), Vitamin B2: 0.38mg (22.64%), Vitamin A: 876.48IU (17.53%), Phosphorus: 175.34mg (17.53%), Vitamin K: 16.97µg (16.16%), Magnesium: 62.99mg (15.75%), Iron: 2.74mg (15.2%), Vitamin B5: 1.38mg (13.75%), Calcium: 124.76mg (12.48%), Folate: 37.72µg (9.43%), Vitamin B6: 0.18mg (9.06%), Vitamin D: 1.22µg (8.15%), Vitamin E: 1.19mg (7.92%), Potassium: 218.43mg (6.24%), Vitamin B1: 0.09mg (6%), Zinc: 0.78mg (5.2%), Fiber: 1.26g (5.06%), Copper: 0.06mg (3.05%), Manganese: 0.05mg (2.72%)