



Mini Caviar Parfaits

READY IN



10 min.

SERVINGS



6

CALORIES



134 kcal

Ingredients

- ☐ 1 medium avocado diced
- ☐ 2 oz caviar black chilled drained
- ☐ 0.8 teaspoon optional: dill fresh chopped
- ☐ 1 sticks bread crackers assorted thin
- ☐ 1 large hard-cooked egg peeled finely chopped
- ☐ 2.5 teaspoons juice of lemon
- ☐ 1 small plum tomatoes seeded finely chopped
- ☐ 2 tablespoons onion red minced
- ☐ 6 servings salt and pepper to taste
- ☐ 0.5 cup cup heavy whipping cream sour

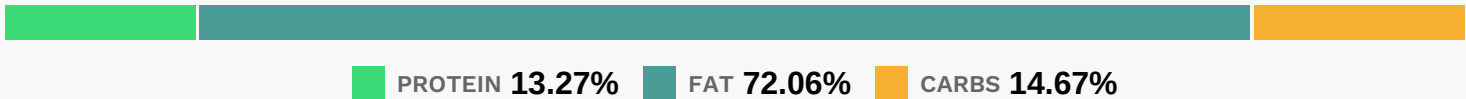
Equipment

- ☐ bowl
- ☐ ziploc bags

Directions

- ☐ Spoon sour cream into a 1-qt. zip-top plastic bag. Snip 1 corner of bag to make a small hole; pipe sour cream into 6 (2-oz.) shot glasses.
- ☐ Combine avocado and next 3 ingredients in a bowl. Mash with a fork, and season with salt and pepper to taste.
- ☐ Spoon avocado mixture over sour cream in shot glasses. Top each with tomato, egg, and 1/2 to 1 tsp. caviar. Reserve remaining caviar for another use.
- ☐ Serve parfaits with breadsticks and assorted crackers.
- ☐ Party Tip: We used less expensive, shelf-stable lumpfish caviar found near the canned tuna. It costs around \$5 for a small jar. Another affordable choice is salmon caviar. Its bright orange color would look stunning atop each parfait. Try fresh caviar if your seafood department stocks it. It may cost a tad more, but you only need a few teaspoons.

Nutrition Facts



Properties

Glycemic Index:29.78, Glycemic Load:0.46, Inflammation Score:-4, Nutrition Score:8.11043472912%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 133.53kcal (6.68%), Fat: 11.26g (17.32%), Saturated Fat: 3.31g (20.7%), Carbohydrates: 5.15g (1.72%), Net Carbohydrates: 2.71g (0.99%), Sugar: 1.44g (1.6%), Cholesterol: 97.96mg (32.65%), Sodium: 355.62mg (15.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.33%), Vitamin B12: 2.02µg (33.71%), Selenium: 9.67µg (13.81%), Vitamin B2: 0.18mg (10.63%), Magnesium: 42.49mg (10.62%), Vitamin B5: 0.99mg (9.94%), Folate: 39.44µg (9.86%), Fiber: 2.44g (9.75%), Phosphorus: 83.8mg (8.38%), Iron: 1.47mg (8.15%), Vitamin K: 8.24µg (7.85%), Vitamin A: 384.41IU (7.69%), Vitamin B6: 0.15mg (7.39%), Vitamin C: 6mg (7.28%), Vitamin E: 1.09mg (7.27%), Potassium: 245.91mg (7.03%), Calcium: 55.81mg (5.58%), Copper: 0.09mg (4.34%), Manganese: 0.08mg (3.78%), Vitamin B1: 0.06mg (3.75%), Vitamin B3: 0.69mg (3.47%), Zinc: 0.48mg (3.21%), Vitamin D: 0.46µg (3.05%)