



Onion and Caviar Chips with Spicy Crème Fraîche

 Gluten Free

READY IN



60 min.

SERVINGS



1

CALORIES



757 kcal

SIDE DISH

Ingredients

- 0.5 cup crèpe fraîche
- 1 tablespoon horseradish prepared
- 1 serving kosher salt
- 1 tablespoon olive oil
- 1 serving bell pepper
- 30 potato chips salted thick-cut such as lay's simply sea potato chips (as flat as possible)
- 2 ounces carrot

1 large onion sweet chopped

Equipment

frying pan

whisk

Directions

Whisk horseradish into crme frache and add salt to taste. Chill at least 1 hour.

Heat oil in a large frying pan over medium-high heat.

Add onion and cook, stirring often, until golden brown, 8 to 10 minutes.

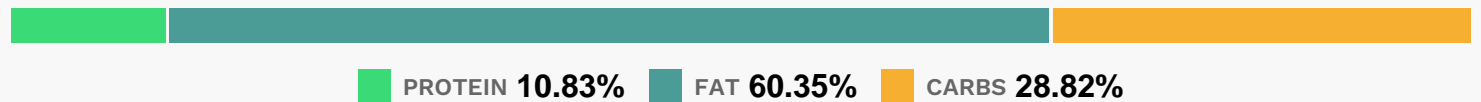
Add salt and pepper to taste.

Let cool.

Mound a spoonful of onion on each chip; top with a dollop of horseradish crme frache and some salmon roe.

Serve immediately (see tip above).

Nutrition Facts



Properties

Glycemic Index:67, Glycemic Load:1.36, Inflammation Score:-10, Nutrition Score:38.178696217744%

Flavonoids

Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg, Kaempferol: 3.79mg Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg, Myricetin: 3.77mg Quercetin: 48.23mg, Quercetin: 48.23mg, Quercetin: 48.23mg, Quercetin: 48.23mg

Nutrients (% of daily need)

Calories: 756.55kcal (37.83%), Fat: 52.78g (81.2%), Saturated Fat: 15.66g (97.85%), Carbohydrates: 56.72g (18.91%), Net Carbohydrates: 50.57g (18.39%), Sugar: 24.98g (27.76%), Cholesterol: 279.9mg (93.3%), Sodium: 563.5mg (24.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.31g (42.63%), Vitamin C: 131.51mg (159.4%), Vitamin B12: 4.78µg (79.62%), Vitamin E: 11.41mg (76.07%), Vitamin A: 3222.19IU (64.44%), Vitamin B6: 0.98mg (49.13%),

Phosphorus: 483.8mg (48.38%), Vitamin D: 6.86µg (45.74%), Vitamin B2: 0.78mg (45.74%), Folate: 179.38µg (44.85%), Selenium: 30.15µg (43.08%), Potassium: 1289.22mg (36.83%), Vitamin B5: 3.09mg (30.93%), Manganese: 0.61mg (30.59%), Vitamin B1: 0.41mg (27.53%), Fiber: 6.15g (24.62%), Magnesium: 88.3mg (22.08%), Vitamin K: 23.06µg (21.96%), Calcium: 216.26mg (21.63%), Vitamin B3: 4.07mg (20.34%), Copper: 0.37mg (18.43%), Zinc: 2.08mg (13.87%), Iron: 2.21mg (12.25%)