



Potato Chips with Creme Fraiche and Caviar

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



641 kcal

SIDE DISH

Ingredients

- ☐ 9 ounces caviar
- ☐ 8 ounces crème fraîche
- ☐ 0.3 cup herbed olive oil
- ☐ 4 servings bell pepper
- ☐ 2 tablespoons rosemary leaves chopped finely
- ☐ 3 large russet potatoes scrubbed
- ☐ 4 servings salt

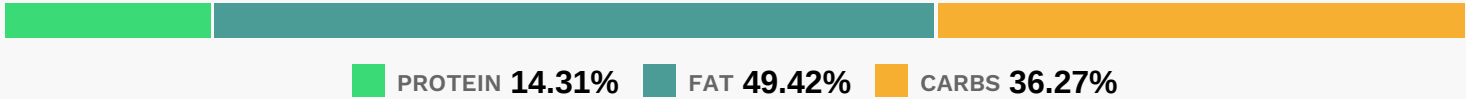
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ mandoline
- ☐ spatula

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Brush 3 large baking sheets generously with some oil.
- ☐ With a mandoline or other manual slicer cut the potatoes crosswise into 1/8-inch thick slices. Arrange slices in 1 layer on a baking sheet and brush with some remaining oil.
- ☐ Sprinkle potatoes with rosemary, salt and pepper. Repeat these steps for remaining 2 baking sheets.
- ☐ Bake slices in middle of oven until golden, 15 to 20 minutes. With a metal spatula immediately transfer to a rack to cool completely.
- ☐ Top potato chips with 1 teaspoon each of caviar and creme fraiche.

Nutrition Facts



Properties

Glycemic Index:46.69, Glycemic Load:40.42, Inflammation Score:-10, Nutrition Score:40.591304530268%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 641.31kcal (32.07%), Fat: 36.51g (56.18%), Saturated Fat: 10.37g (64.81%), Carbohydrates: 60.32g (20.11%), Net Carbohydrates: 54.73g (19.9%), Sugar: 6.78g (7.53%), Cholesterol: 408.52mg (136.17%), Sodium: 1185.75mg (51.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.78g (47.57%), Vitamin B12: 12.88µg (214.61%), Vitamin C: 112.26mg (136.07%), Vitamin B6: 1.42mg (70.82%), Magnesium: 271.83mg (67.96%), Vitamin A: 3297.14IU (65.94%), Selenium: 45.11µg (64.44%), Iron: 10.7mg (59.45%), Phosphorus: 442.45mg (44.25%), Potassium: 1507.29mg (43.07%), Vitamin B2: 0.65mg (38.22%), Vitamin B5: 3.49mg (34.92%), Vitamin E: 4.57mg (30.47%),

Manganese: 0.58mg (28.76%), Calcium: 286.93mg (28.69%), Folate: 111.38µg (27.85%), Vitamin B1: 0.4mg (26.99%),
Fiber: 5.59g (22.35%), Copper: 0.38mg (19.19%), Vitamin B3: 3.73mg (18.66%), Vitamin K: 17.99µg (17.14%), Vitamin
D: 1.85µg (12.33%), Zinc: 1.81mg (12.1%)