



Roasted Fingerling Potatoes with Crème Fraîche and Caviar

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



218 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup caviar black
- ☐ 1.5 cups crème fraîche sour chilled
- ☐ 4 pounds fingerling potatoes unpeeled halved lengthwise
- ☐ 1.5 tablespoons rosemary leaves fresh minced
- ☐ 3 tablespoons olive oil

Equipment

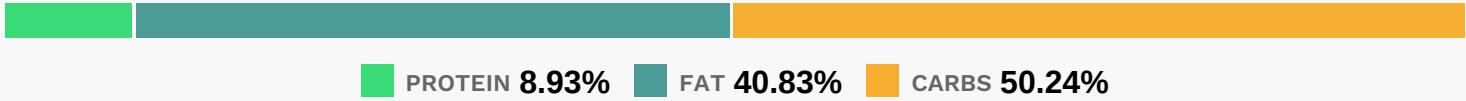
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400°F.
- ☐ Combine potatoes, 2 tablespoons oil, and rosemary in large bowl.
- ☐ Sprinkle with salt and pepper and toss to coat.
- ☐ Brush large rimmed baking sheet with 1 tablespoon oil. Arrange potatoes, cut side down, in single layer on prepared sheet. Shake pan slightly to prevent sticking. Roast until potatoes are brown, crisp, and cooked through, about 35 minutes. Cool 10 minutes on sheet.
- ☐ Place bowls of crème fraîche and caviar on large platter. Arrange potatoes, cut side up, around bowls and serve.
- ☐ Fingerling potatoes are long and thin, with a smooth texture and a nutty flavor. They can be found at farmers' markets, specialty foods stores, and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:6.98, Glycemic Load:19.34, Inflammation Score:-5, Nutrition Score:10.377826055755%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 217.63kcal (10.88%), Fat: 10.11g (15.55%), Saturated Fat: 3.63g (22.71%), Carbohydrates: 27.99g (9.33%), Net Carbohydrates: 24.63g (8.96%), Sugar: 2.16g (2.4%), Cholesterol: 45.94mg (15.31%), Sodium: 92.05mg (4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.95%), Vitamin C: 30.1mg (36.48%), Vitamin B6: 0.47mg (23.72%), Potassium: 683.11mg (19.52%), Vitamin B12: 1.05µg (17.44%), Fiber: 3.36g (13.45%), Magnesium: 52.66mg (13.17%), Phosphorus: 125.74mg (12.57%), Manganese: 0.24mg (11.97%), Iron: 1.82mg (10.12%), Vitamin B1: 0.14mg (9.08%), Copper: 0.17mg (8.73%), Vitamin B3: 1.63mg (8.14%), Vitamin B2: 0.13mg (7.51%), Vitamin B5: 0.72mg

(7.19%), Folate: 28.65µg (7.16%), Selenium: 4.75µg (6.78%), Calcium: 61.56mg (6.16%), Vitamin K: 5.44µg (5.18%),
Vitamin E: 0.72mg (4.81%), Vitamin A: 234.05IU (4.68%), Zinc: 0.58mg (3.88%)