



Sour Cream and Caviar Topped Purple Potatoes

 Gluten Free

READY IN



15 min.

SERVINGS



18

CALORIES



28 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 ounces caviar
- ☐ 0.5 teaspoon juice of lemon fresh
- ☐ 12 ounces purple potatoes halved (16-18)
- ☐ 1 teaspoon salt divided
- ☐ 0.5 cup cream light sour

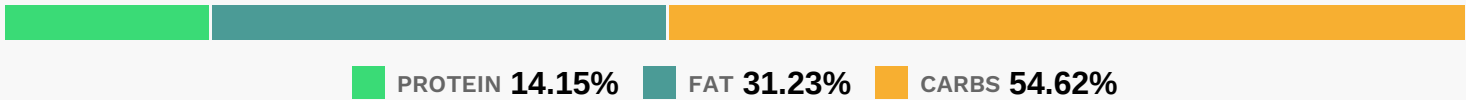
Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Add potatoes and 3/4 teaspoon salt to medium saucepan; cover with cold water by 1 inch. Bring to boil, reduce heat; simmer 8 minutes or until just tender but not falling apart.
- ☐ Transfer potatoes to baking sheet lined with paper towels. Cool about 20 minutes or until room temperature.
- ☐ Meanwhile, whisk together sour cream, lemon juice, remaining 1/4 teaspoon salt, and pepper; let chill. Arrange potatoes in even layer on large serving platter. Spoon 1/2 rounded teaspoon sour cream mixture onto each potato half; top with 1/4 teaspoon caviar.

Nutrition Facts



Properties

Glycemic Index:6.43, Glycemic Load:2.42, Inflammation Score:-1, Nutrition Score:1.7060869413873%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 27.5kcal (1.37%), Fat: 0.98g (1.5%), Saturated Fat: 0.49g (3.07%), Carbohydrates: 3.85g (1.28%), Net Carbohydrates: 3.42g (1.24%), Sugar: 0.17g (0.18%), Cholesterol: 11.5mg (3.83%), Sodium: 159.26mg (6.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1g (1.99%), Vitamin B12: 0.34µg (5.7%), Vitamin C: 3.83mg (4.65%), Vitamin B6: 0.06mg (3.11%), Potassium: 96.5mg (2.76%), Magnesium: 9.77mg (2.44%), Phosphorus: 20.97mg (2.1%), Iron: 0.34mg (1.91%), Selenium: 1.29µg (1.84%), Fiber: 0.42g (1.69%), Manganese: 0.03mg (1.68%), Calcium: 15.82mg (1.58%), Vitamin B2: 0.02mg (1.39%), Vitamin B1: 0.02mg (1.38%), Copper: 0.02mg (1.18%), Folate: 4.55µg (1.14%), Vitamin B5: 0.11mg (1.12%), Vitamin B3: 0.21mg (1.03%)