



Taramosalata: Carp Roe Spread

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter softened
- ☐ 12 slices top
- ☐ 1 clove garlic minced
- ☐ 3 tablespoons juice of lemon
- ☐ 0.5 cup milk
- ☐ 0.8 cup olive oil
- ☐ 1 tablespoon parsley chopped
- ☐ 0.5 cup water

- ☐ 6 servings water as needed
- ☐ 3 slices bread white
- ☐ 1 onion yellow minced
- ☐ 0.5 cup tarama carp roe
- ☐ 0.5 cup tarama carp roe

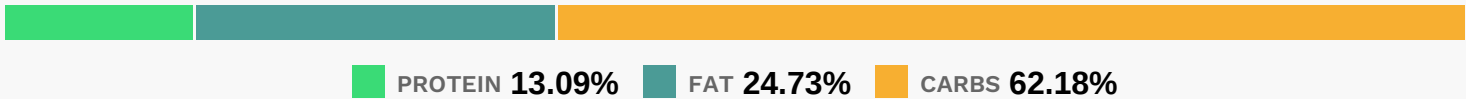
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Combine the water and milk. Soak the bread in water and milk and squeeze it dry.
- ☐ Put the bread, tarama, onion, lemon juice, and olive oil in a food processor and blend until smooth.
- ☐ Add water as needed. Fold in chopped parsley and refrigerate overnight.
- ☐ Serve with crostini. Notes: Taramosalata is found in every Greek household, especially during the Lenten season. It is also Also very popular in taveranas all over Greece. It is best eaten on crisp pita or crackers as a meze with ouzo or Restina wine. It is a dish that Greeks eat on a daily basis.
- ☐ Preheat the oven to 350 degrees F.
- ☐ In a small bowl, mix together the garlic and butter.
- ☐ Brush the butter/garlic mixture onto each slice of bread.
- ☐ Place the bread on a sheet pan and bake until crisp and golden brown, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:55.38, Glycemic Load:56.39, Inflammation Score:-7, Nutrition Score:19.536086922107%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg, Apigenin: 1.46mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 485.27kcal (24.26%), Fat: 13.43g (20.66%), Saturated Fat: 4.31g (26.96%), Carbohydrates: 75.97g (25.32%), Net Carbohydrates: 72.5g (26.36%), Sugar: 8.54g (9.49%), Cholesterol: 12.47mg (4.16%), Sodium: 882.11mg (38.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.99g (31.98%), Vitamin B1: 1mg (66.37%), Selenium: 40.11µg (57.3%), Folate: 177.47µg (44.37%), Manganese: 0.78mg (38.98%), Vitamin B2: 0.61mg (36.09%), Vitamin B3: 6.83mg (34.14%), Iron: 5.55mg (30.84%), Phosphorus: 177.25mg (17.73%), Vitamin K: 15.57µg (14.83%), Fiber: 3.47g (13.88%), Calcium: 133.3mg (13.33%), Copper: 0.26mg (13.11%), Magnesium: 52.17mg (13.04%), Zinc: 1.6mg (10.68%), Vitamin B6: 0.19mg (9.66%), Vitamin E: 1.21mg (8.08%), Potassium: 236.25mg (6.75%), Vitamin C: 5.3mg (6.43%), Vitamin B5: 0.61mg (6.14%), Vitamin A: 206.71IU (4.13%), Vitamin B12: 0.12µg (1.96%), Vitamin D: 0.22µg (1.49%)