

Wow! Is that Caviar?

 Gluten Free

READY IN



230 min.

SERVINGS



20

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 ounces caviar black rinsed drained
- 3 ounces caviar red
- 4 ounces cream cheese softened
- 6 hardboiled eggs finely chopped
- 1 medium onion finely chopped
- 0.3 cup cream sour

Equipment

- bowl

- paper towels
- plastic wrap

Directions

- Spread the onion out on a paper towel set over a plate and place in the refrigerator to dry out a bit, about 30 minutes.
- Spread the chopped egg out on a decorative serving plate or other shallow dish. Refrigerate this too.
- In a small bowl, stir together the cream cheese and sour cream.
- Remove the serving dish from the refrigerator, and sprinkle the onions over the eggs. Spoon the cream mixture over the onion layer, and carefully spread flat.
- Spread black caviar over one half of the top, and red caviar over the other half or if you are feeling creative, make a nice pattern. Cover with plastic wrap, and refrigerate for at least 3 hours before serving.

Nutrition Facts



Properties

Glycemic Index:2.7, Glycemic Load:0.2, Inflammation Score:-2, Nutrition Score:4.8400000184774%

Flavonoids

Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 73.44kcal (3.67%), Fat: 5.63g (8.66%), Saturated Fat: 2.27g (14.21%), Carbohydrates: 1.47g (0.49%), Net Carbohydrates: 1.37g (0.5%), Sugar: 0.71g (0.79%), Cholesterol: 113.38mg (37.79%), Sodium: 165.09mg (7.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.92%), Vitamin B12: 1.89µg (31.43%), Selenium: 10.81µg (15.45%), Vitamin B2: 0.15mg (8.77%), Magnesium: 28.36mg (7.09%), Iron: 1.21mg (6.72%), Phosphorus: 65.92mg (6.59%), Vitamin B5: 0.56mg (5.56%), Vitamin A: 249.14IU (4.98%), Calcium: 40.56mg (4.06%), Vitamin D: 0.58µg (3.84%), Folate: 12.58µg (3.15%), Vitamin B6: 0.06mg (2.82%), Vitamin E: 0.38mg (2.51%), Vitamin B1: 0.03mg (2.03%), Zinc: 0.29mg (1.9%), Potassium: 53.4mg (1.53%)