



Beluga Lentil Caviar on Blini

READY IN



45 min.

SERVINGS



18

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup skinned urad dal black
- ☐ 2 tablespoons brine-packed olives
- ☐ 0.5 cup buckwheat flour
- ☐ 3 tablespoons butter melted
- ☐ 2 tablespoons capers in brine packed minced
- ☐ 0.5 bunch chives fresh minced for garnish
- ☐ 2 teaspoons kosher salt
- ☐ 1 tablespoon miso white

- ☐ 1.3 cups non-dairy milk (almond, soy, or rice)
- ☐ 0.5 cup flour organic all-purpose
- ☐ 4 tablespoons veganaise
- ☐ 2 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Make the beluga lentil caviar: Rinse the lentils and put them in a small pot with the water. Bring to a gentle simmer, cover, and cook for about 20 minutes, or until the lentils are soft.
- ☐ Drain the cooked lentils and place them in medium bowl.
- ☐ Add the salt, capers, and caper brine.
- ☐ Mix well and refrigerate for a minimum of 2 hours, and a maximum of 2 days.
- ☐ Mix the vegan mayonnaise with the Miso Mayo in a small bowl and refrigerate until needed.
- ☐ Make the blini: In a medium bowl, combine the flours and baking powder.
- ☐ Whisk the nondairy milk and melted butter into the flour until a batter forms. Allow the batter to rest a few minutes.
- ☐ Heat a large nonstick pan over medium heat.
- ☐ Add a small dab of butter to the pan or spray it with nonstick cooking spray. To form each blin, pour a little more than a tablespoon of batter into the pan. You can usually cook 4 to 6 blini at a time. Wait until the pancakes begin to show air bubbles all over the tops and the bottoms are brown. Flip the blini over and cook until golden brown.
- ☐ Using the back of a spoon, spread a small amount of the Vegan Sour "Cream" on each blin, add a teaspoon of the beluga lentil caviar, and top with a pinch of minced chives.
- ☐ Serve immediately.

Nutrition Facts



 **PROTEIN 12.67%**  **FAT 46.12%**  **CARBS 41.21%**

Properties

Glycemic Index:19.8, Glycemic Load:2.31, Inflammation Score:-2, Nutrition Score:2.94521737617%

Flavonoids

Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 87.15kcal (4.36%), Fat: 4.47g (6.87%), Saturated Fat: 1.49g (9.34%), Carbohydrates: 8.98g (2.99%), Net Carbohydrates: 7.29g (2.65%), Sugar: 0.58g (0.64%), Cholesterol: 5.02mg (1.67%), Sodium: 456.82mg (19.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Fiber: 1.69g (6.75%), Calcium: 56.79mg (5.68%), Manganese: 0.1mg (5.06%), Iron: 0.89mg (4.94%), Vitamin B3: 0.97mg (4.83%), Vitamin B2: 0.06mg (3.56%), Vitamin B1: 0.05mg (3.51%), Folate: 13.97µg (3.49%), Vitamin E: 0.49mg (3.25%), Vitamin B6: 0.06mg (3.07%), Vitamin B12: 0.18µg (3.03%), Copper: 0.05mg (2.71%), Phosphorus: 26.94mg (2.69%), Selenium: 1.85µg (2.64%), Vitamin A: 129.88IU (2.6%), Magnesium: 10.36mg (2.59%), Vitamin C: 1.52mg (1.84%), Potassium: 49.43mg (1.41%), Zinc: 0.2mg (1.34%), Vitamin D: 0.2µg (1.31%), Vitamin K: 1.14µg (1.08%)