

SIDE DISH

Blinchiki

23 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
30 min	15 min	15 min	4	\$0.40	436 kcal



Blinchiki is a lacto ovo vegetarian side dish. For 40 cents per serving, this recipe covers 15% of your daily requirements of vitamins and minerals. One portion of this dish contains about 13g of protein, 20g of fat, and a total of 436 calories. This recipe serves 4. This recipe from Foodnetwork has...

Ingredients

- ☐ 3 eggs
- ☐ 1 cup milk
- ☐ 1 soup spoon sugar
- ☐ 2 cups flour
- ☐ ½ teaspoon salt
- ☐ 4 servings Splash of vegetable oil

EQUIPMENT Frying pan

Method

- 1 Mix the eggs, salt and sugar until thoroughly blended. Stir in 1 cup of milk.
- 2 Add flour until a thick batter is formed.
- 3 Add a splash of vegetable oil to mixture.
- 4 Pour the batter into a hot, oiled skillet. Fry until golden on 1 side, then flip over and brown the other side.

Nutrition per serving

436

KCAL

13 g

PROTEIN

20 g

FAT

51 g

CARBS

Saturated Fat	4.4 g · 28% of daily needs
Fibre	1.7 g · 7% of daily needs
Sugar	3.5 g · 4% of daily needs
Sodium	362 mg · 16% of daily needs
Cholesterol	130 mg · 43% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/blinchiki-144749