



Blini with Smoked Salmon

READY IN



35 min.

SERVINGS



18

CALORIES



101 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 cup buckwheat flour
- 0.3 cup crème fraîche sour
- 18 servings dill sprig fresh for garnish
- 1 extra large eggs
- 0.7 cup flour all-purpose
- 0.8 teaspoon kosher salt
- 0.8 cup milk
- 0.5 pound salmon smoked thinly sliced

0.3 pound butter unsalted divided (1 stick)

Equipment

bowl

frying pan

paper towels

whisk

Directions

Watch how to make this recipe.

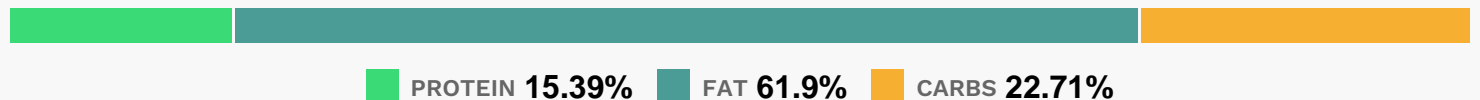
Combine both flours, baking powder, and salt in a bowl. In a separate bowl, whisk together the milk, egg, and 1 tablespoon of the clarified butter, then whisk into the flour mixture.

Heat 1 tablespoon of the clarified butter in a medium saute pan and drop the batter into the hot skillet, 1 tablespoon at a time. Cook over medium-low heat until bubbles form on the top side of the blini, about 2 minutes. Flip and cook for 1 more minute, or until brown. Repeat with the remaining batter. (I clean the hot pan with a dry paper towel between batches.) Set aside.

To serve, top the blini with a piece of smoked salmon.

Add a dollop of creme fraiche and a sprig of dill.

Nutrition Facts



Properties

Glycemic Index:12.22, Glycemic Load:2.77, Inflammation Score:-2, Nutrition Score:3.919130427034%

Flavonoids

Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 101.18kcal (5.06%), Fat: 7.01g (10.79%), Saturated Fat: 3.98g (24.9%), Carbohydrates: 5.79g (1.93%), Net Carbohydrates: 5.44g (1.98%), Sugar: 0.68g (0.76%), Cholesterol: 31.12mg (10.37%), Sodium: 217.82mg (9.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.92g (7.84%), Vitamin D: 2.42µg (16.15%), Selenium: 7.11µg (10.15%), Vitamin B12: 0.51µg (8.51%), Phosphorus: 56.02mg (5.6%), Vitamin B3: 1.02mg (5.12%), Vitamin A: 229.29IU (4.59%), Vitamin B2: 0.08mg (4.46%), Manganese: 0.08mg (4.11%), Vitamin B1: 0.06mg (3.76%), Vitamin B6: 0.06mg (3.16%), Folate: 11.92µg (2.98%), Calcium: 28.77mg (2.88%), Magnesium: 10.99mg (2.75%), Iron: 0.49mg (2.72%), Copper: 0.05mg (2.56%), Vitamin E: 0.38mg (2.51%), Vitamin B5: 0.24mg (2.43%), Potassium: 65.65mg (1.88%), Zinc: 0.24mg (1.6%), Fiber: 0.35g (1.4%)