



Blini with Smoked Salmon and Dilled Onion Compote

READY IN



45 min.

SERVINGS



72

CALORIES



46 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 cup buckwheat flour
- ☐ 1 package yeast dry
- ☐ 1 large eggs
- ☐ 2 large egg whites at room temperature ()
- ☐ 1.5 cups flour all-purpose
- ☐ 2.5 cups buttermilk low-fat

- ☐ 72 servings dilled onion compote
- ☐ 1 Dash salt
- ☐ 8 ounces salmon smoked thinly sliced cut into 1/4-inch-wide strips
- ☐ 0.5 teaspoon sugar
- ☐ 1 tablespoon sugar
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoons warm water (105° to 115°)

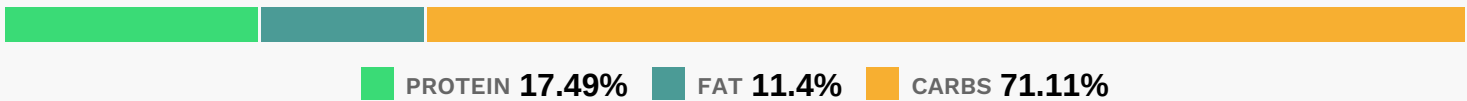
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Dissolve 1/2 teaspoon sugar and yeast in warm water in a large bowl; let stand 5 minutes.
- ☐ Add buttermilk, oil, and egg; stir with a whisk until smooth.
- ☐ Combine flours, 1 tablespoon sugar, baking powder, baking soda, and salt; stir well.
- ☐ Add to yeast mixture; stir until smooth. Cover and chill 8 hours.
- ☐ Beat egg whites at high speed of a mixer until stiff peaks form. Gently fold egg whites into batter. Spoon about 1 tablespoon batter for each pancake onto a hot nonstick griddle or nonstick skillet. Turn pancakes when tops are covered with bubbles and edges look cooked.
- ☐ Divide salmon strips evenly among pancakes, and top each with about 1 teaspoon Dilled Onion Compote.
- ☐ Garnish with dill sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:4.64, Glycemic Load:2.71, Inflammation Score:-3, Nutrition Score:2.7573913147916%

Flavonoids

Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg, Quercetin: 11.19mg

Nutrients (% of daily need)

Calories: 45.51kcal (2.28%), Fat: 0.6g (0.92%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 8.36g (2.79%), Net Carbohydrates: 7.25g (2.64%), Sugar: 2.96g (3.29%), Cholesterol: 3.64mg (1.21%), Sodium: 53.04mg (2.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Manganese: 0.11mg (5.35%), Vitamin C: 4.15mg (5.03%), Folate: 18.78µg (4.7%), Fiber: 1.11g (4.46%), Vitamin B6: 0.09mg (4.31%), Vitamin B1: 0.06mg (4.25%), Selenium: 2.8µg (4%), Phosphorus: 36.89mg (3.69%), Vitamin D: 0.55µg (3.68%), Vitamin B2: 0.06mg (3.32%), Potassium: 109.38mg (3.13%), Calcium: 25.52mg (2.55%), Magnesium: 9.9mg (2.47%), Vitamin B3: 0.46mg (2.31%), Vitamin B12: 0.13µg (2.13%), Copper: 0.04mg (1.94%), Iron: 0.32mg (1.77%), Vitamin B5: 0.16mg (1.59%), Zinc: 0.2mg (1.33%)