



Buckwheat Blini

 Vegetarian

READY IN



45 min.

SERVINGS



42

CALORIES



65 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 ounce active yeast dry
- ☐ 0.5 cup buckwheat flour
- ☐ 0.3 cup butter cut into pieces
- ☐ 42 servings butter melted
- ☐ 2 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 1.5 tablespoons sugar

☐ 1 cup milk whole

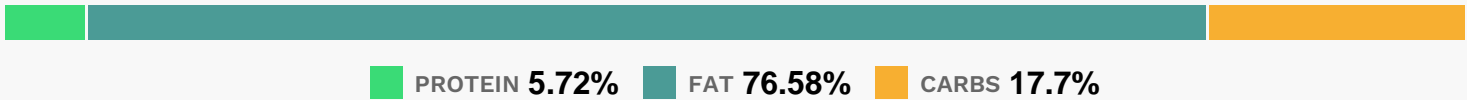
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Whisk together first 5 ingredients in a large bowl.
- ☐ Heat milk and butter in a saucepan over low heat; stir until butter melts and thermometer registers 11
- ☐ Pour warm milk mixture into flour mixture, and whisk until smooth. Cover with plastic wrap, and let rise in a warm place, free from drafts, until doubled in volume (1 to 1 1/2 hours).
- ☐ Whisk buckwheat batter to deflate; whisk in eggs.
- ☐ Heat griddle or large skillet over medium heat, and brush lightly with melted butter. Working in batches, spoon 1 tablespoon batter onto griddle, spacing at least 2 inches apart. Cook until bubbles form on top and begin to pop, about 1 to 2 minutes. Turn blini; cook 1 minute or until golden brown on bottom. Cover with foil, and keep warm while cooking remaining blini.

Nutrition Facts



Properties

Glycemic Index:6.74, Glycemic Load:1.23, Inflammation Score:-1, Nutrition Score:1.3086956583935%

Flavonoids

Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 64.83kcal (3.24%), Fat: 5.64g (8.67%), Saturated Fat: 3.46g (21.63%), Carbohydrates: 2.93g (0.98%), Net Carbohydrates: 2.7g (0.98%), Sugar: 0.76g (0.85%), Cholesterol: 23.21mg (7.74%), Sodium: 60.55mg (2.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.89%), Vitamin A: 180.98IU (3.62%), Vitamin B1: 0.04mg (2.71%), Vitamin B2: 0.04mg (2.23%), Folate: 8.75µg (2.19%), Selenium: 1.51µg (2.15%), Manganese: 0.04mg (2.03%), Phosphorus: 19.6mg (1.96%), Magnesium: 5.11mg (1.28%), Vitamin B3: 0.25mg (1.27%), Vitamin E: 0.18mg (1.2%), Calcium: 10.88mg (1.09%), Vitamin B12: 0.06µg (1.06%), Vitamin B5: 0.1mg (1.01%)