



Buckwheat Blinis with Smoked Salmon and Crème Fraîche

READY IN



45 min.

SERVINGS



12

CALORIES



133 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.3 teaspoons yeast dry
- ☐ 0.5 cup flour
- ☐ 0.3 cup buckwheat flour
- ☐ 12 servings butter melted
- ☐ 12 servings crème fraîche
- ☐ 12 servings optional: dill fresh
- ☐ 2 large eggs lightly beaten
- ☐ 12 servings carrot

- ☐ 0.3 teaspoon salt generous ()
- ☐ 4 ounce salmon smoked thinly sliced
- ☐ 4 teaspoons sugar
- ☐ 1 cup milk whole

Equipment

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

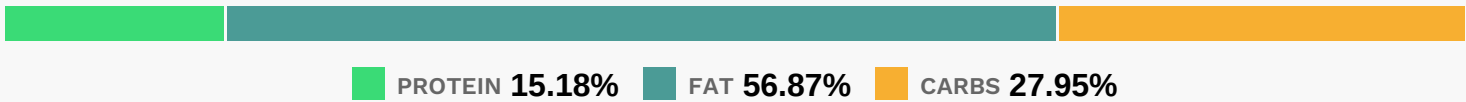
Directions

- ☐ Whisk first 5 ingredients in medium bowl.
- ☐ Place milk and butter in small saucepan. Stir over low heat until butter melts and thermometer registers 110°F (if mixture gets too warm, cool until temperature returns to 110°F).
- ☐ Pour warm milk mixture into flour mixture and whisk until smooth. Cover with plastic wrap and let stand in warm draft-free area until doubled in volume, 1 to 1 1/2 hours.
- ☐ Whisk buckwheat batter to deflate; then whisk in eggs. Do ahead Can be prepared 1 day ahead.
- ☐ Transfer to large bowl. Cover; chill (may increase in volume; rewhisk before using).
- ☐ Preheat oven to 200°F.
- ☐ Heat griddle or large skillet over medium heat.
- ☐ Brush lightly with melted butter. Working in batches, pour 2 tablespoons batter for each blini onto griddle, spacing apart. Cook until bubbles form on top and begin to pop, about 1 1/2

minutes. Turn blinis; cook until golden brown on bottom, about 1 1/2 minutes.

- ☐ Transfer to baking sheet. Tent with foil and place in oven to keep warm while cooking remaining blinis. Do ahead Blinis can be made 1 day ahead. Cool, cover, and chill.
- ☐ Brush blinis lightly with melted butter and rewarm on baking sheet in 350°F oven 5 minutes.
- ☐ Arrange warm blinis on platter. Spoon 1 rounded teaspoon crème fraîche atop each. Top with smoked salmon.
- ☐ Garnish with salmon roe and dill sprigs and serve.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:4.17, Inflammation Score:-3, Nutrition Score:5.2908695871415%

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: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 132.57kcal (6.63%), Fat: 8.48g (13.05%), Saturated Fat: 4.56g (28.48%), Carbohydrates: 9.38g (3.13%), Net Carbohydrates: 8.82g (3.21%), Sugar: 2.85g (3.17%), Cholesterol: 57.18mg (19.06%), Sodium: 179.58mg (7.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.19%), Vitamin D: 2.13µg (14.18%), Selenium: 8.89µg (12.7%), Vitamin B12: 0.61µg (10.1%), Vitamin B2: 0.15mg (8.85%), Phosphorus: 85.86mg (8.59%), Vitamin B1: 0.11mg (7.5%), Folate: 24.8µg (6.2%), Vitamin A: 296.58IU (5.93%), Vitamin B3: 1.15mg (5.75%), Manganese: 0.11mg (5.59%), Calcium: 46.75mg (4.68%), Vitamin B6: 0.09mg (4.31%), Vitamin B5: 0.42mg (4.23%), Magnesium: 16.38mg (4.1%), Iron: 0.63mg (3.52%), Vitamin E: 0.47mg (3.14%), Potassium: 105.62mg (3.02%), Zinc: 0.44mg (2.94%), Copper: 0.06mg (2.87%), Fiber: 0.56g (2.25%)