



## Buckwheat Pancakes with Smoked Salmon

READY IN



25 min.

SERVINGS



18

CALORIES



81 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 teaspoon baking soda
- 0.1 teaspoon pepper black
- 0.3 cup buckwheat flour
- 18 servings optional: dill fresh chopped
- 2 large eggs separated
- 0.5 cup flour all-purpose
- 1 teaspoon optional: dill fresh chopped
- 0.5 cup milk
- 0.1 teaspoon salt

- 8 oz salmon smoked thinly sliced cut into small pieces
- 0.5 cup cream sour
- 1 teaspoon sugar
- 0.3 cup butter unsalted melted

## Equipment

- bowl
- frying pan
- whisk
- hand mixer

## Directions

- Whisk together dry ingredients in a large bowl.
- Whisk together yolks and milk in a small bowl, then whisk into dry ingredients. Beat egg whites in another large bowl with an electric mixer until they hold soft peaks, then fold into flour mixture.
- Add 3 tablespoons butter and fold until batter is smooth.
- Lightly brush a 10- to 12-inch nonstick skillet with some of remaining butter, then heat over moderate heat until hot but not smoking. Working in batches of 4, spoon about 1 1/2 tablespoons batter per pancake into skillet and cook until surface of pancakes bubbles, 1 to 2 minutes, then flip and cook 1 minute more.
- Transfer to a plate and keep warm, covered.
- Brush skillet with butter between batches.
- Stir together all topping ingredients except salmon until combined, then dollop on pancakes and top with salmon.
- \*Available at natural foods stores.
- You can substitute 2 ounces of caviar for the smoked salmon.

## Nutrition Facts

 PROTEIN **19.58%**  FAT **57.23%**  CARBS **23.19%**

## Properties

Glycemic Index:13.62, Glycemic Load:2.19, Inflammation Score:-2, Nutrition Score:3.6952174046765%

## Flavonoids

Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 81.17kcal (4.06%), Fat: 5.17g (7.96%), Saturated Fat: 2.7g (16.87%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 4.45g (1.62%), Sugar: 0.84g (0.93%), Cholesterol: 34.93mg (11.64%), Sodium: 143.25mg (6.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.96%), Vitamin D: 2.39µg (15.92%), Selenium: 7.46µg (10.66%), Vitamin B12: 0.52µg (8.59%), Phosphorus: 53.58mg (5.36%), Vitamin B2: 0.08mg (4.7%), Vitamin B3: 0.92mg (4.61%), Vitamin A: 178.76IU (3.58%), Manganese: 0.07mg (3.27%), Vitamin B6: 0.06mg (3.14%), Vitamin B1: 0.04mg (2.98%), Folate: 10.76µg (2.69%), Vitamin B5: 0.27mg (2.68%), Iron: 0.45mg (2.48%), Copper: 0.05mg (2.43%), Magnesium: 9.48mg (2.37%), Vitamin E: 0.34mg (2.25%), Calcium: 21.54mg (2.15%), Potassium: 62.93mg (1.8%), Zinc: 0.24mg (1.6%), Fiber: 0.27g (1.06%)