



## Caviar and Blinis

 Gluten Free

READY IN



20 min.

SERVINGS



24

CALORIES



34 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 24 servings caviar black (our favorite is paddlefish)
- ☐ 24 servings chives snipped
- ☐ 24 servings crème fraîche
- ☐ 1 eggs
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.7 cup water (any fat content)
- ☐ 1 tablespoon vegetable oil melted

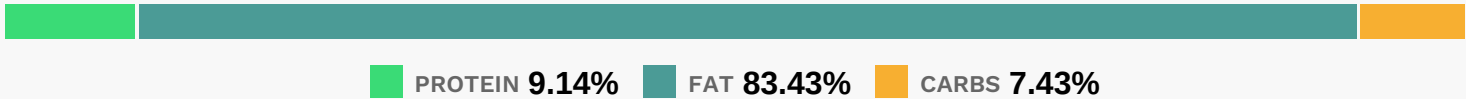
## Equipment

☐ frying pan

## Directions

- ☐ Combine the pancake mix with the salt, egg, butter or oil, and milk or water.
- ☐ Lightly brush another tablespoon of melted butter onto a skillet over medium-high heat.
- ☐ When the skillet is hot, spoon the batter into it a tablespoon at a time.
- ☐ Cook the blinis until tiny bubbles appear, about 1 minute, then flip them and fry until golden brown on each side.
- ☐ Transfer the blinis to a platter and serve warm with the caviar, crème fraîche, chives, and smoked salmon and onion (if desired).

## Nutrition Facts



## Properties

Glycemic Index:1.88, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.180000015575%

## Flavonoids

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 34.33kcal (1.72%), Fat: 3.26g (5.01%), Saturated Fat: 1.4g (8.74%), Carbohydrates: 0.65g (0.22%), Net Carbohydrates: 0.63g (0.23%), Sugar: 0.43g (0.48%), Cholesterol: 19.78mg (6.59%), Sodium: 70.13mg (3.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.61%), Vitamin B12: 0.24µg (4.03%), Vitamin K: 3.36µg (3.2%), Vitamin A: 137.24IU (2.74%), Selenium: 1.67µg (2.39%), Vitamin B2: 0.04mg (2.11%), Calcium: 17.04mg (1.7%), Phosphorus: 16.89mg (1.69%), Magnesium: 4.91mg (1.23%), Vitamin B5: 0.11mg (1.07%)