



Caviar and Salmon Blini Tortes

READY IN



50 min.

SERVINGS



2

CALORIES



576 kcal

Ingredients

- ☐ 0.1 teaspoon baking soda
- ☐ 2 tablespoons buckwheat flour
- ☐ 2 ounces carrot such as rainbow- trout caviar, or salmon roe
- ☐ 1 tablespoon chives finely chopped
- ☐ 2 servings cup heavy whipping cream sour chopped
- ☐ 1 large eggs separated
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 large hardboiled eggs finely chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.3 lb salmon smoked thinly sliced at room temperature

- ☐ 2 tablespoons cream sour
- ☐ 1 teaspoon sugar
- ☐ 0.5 stick butter unsalted cooled divided melted
- ☐ 0.3 cup milk whole

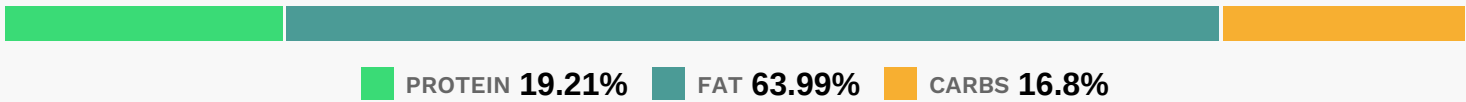
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Stir together all ingredients and a pinch of salt.
- ☐ Whisk together dry ingredients in a bowl.
- ☐ Add milk and yolk and whisk until smooth. 3Beat egg white with a clean whisk in another bowl until it just holds soft peaks. Fold into batter along with 2 tablespoons melted butter.
- ☐ Brush a 12-inch nonstick skillet with some of remaining melted butter, then heat over medium heat until hot. Working in batches of 6 or 7, drop 1 level tablespoon batter per pancake into skillet and cook until bubbles appear on surface and undersides are golden, 45 seconds to 1 minute. Flip over and cook 1 minute more.
- ☐ Brush blini on both sides with some of remaining melted butter, then transfer to a plate and keep warm, covered with foil.
- ☐ Brush skillet with butter between batches.
- ☐ Drape smoked salmon on 6 blini and top with egg salad. Spoon caviar onto 6 more blini, then stack on egg-salad-topped blini.
- ☐ Egg salad can be made 1 day ahead and chilled, covered. Bring to cool room temperature before using.

Nutrition Facts



Properties

Glycemic Index:114.05, Glycemic Load:8.16, Inflammation Score:-8, Nutrition Score:26.928695637247%

Flavonoids

Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 576.34kcal (28.82%), Fat: 41.52g (63.88%), Saturated Fat: 22.4g (140.01%), Carbohydrates: 24.54g (8.18%), Net Carbohydrates: 22.7g (8.25%), Sugar: 5.15g (5.72%), Cholesterol: 393.75mg (131.25%), Sodium: 774.97mg (33.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.05g (56.09%), Vitamin D: 15.18µg (101.17%), Vitamin B12: 4.88µg (81.3%), Selenium: 51.62µg (73.74%), Phosphorus: 418.43mg (41.84%), Vitamin B2: 0.7mg (40.93%), Vitamin A: 1515.03IU (30.3%), Vitamin E: 4.18mg (27.88%), Vitamin B3: 4.88mg (24.41%), Manganese: 0.42mg (20.85%), Vitamin B6: 0.4mg (19.87%), Folate: 77.86µg (19.46%), Vitamin B1: 0.28mg (18.9%), Vitamin B5: 1.85mg (18.53%), Magnesium: 68.61mg (17.15%), Iron: 2.57mg (14.3%), Copper: 0.28mg (14.23%), Zinc: 1.83mg (12.17%), Potassium: 412.75mg (11.79%), Calcium: 114.62mg (11.46%), Fiber: 1.84g (7.36%), Vitamin K: 7.27µg (6.92%), Vitamin C: 4.93mg (5.97%)