



Caviar Pancakes

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



293 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 buttermilk pancakes
- ☐ 2 oz caviar
- ☐ 1 large hardboiled egg yolk
- ☐ 0.5 scallion minced
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 2 tablespoons butter unsalted

Equipment

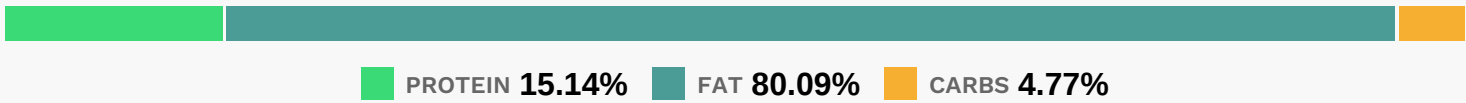
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Cook butter in a very small saucepan over moderate heat, swirling pan occasionally, until golden brown (be careful not to let it burn). Keep butter warm.
- ☐ Spread each pancake with about 1 tablespoon sour cream (to taste) and top with about 1 teaspoon caviar.
- ☐ Sprinkle with some of yolk and scallion. Stack 3 pancakes on each of 2 plates and drizzle with brown butter.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:0.09, Inflammation Score:-6, Nutrition Score:14.559999932414%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 292.69kcal (14.63%), Fat: 26.62g (40.96%), Saturated Fat: 13.09g (81.81%), Carbohydrates: 3.56g (1.19%), Net Carbohydrates: 3.49g (1.27%), Sugar: 1.81g (2.01%), Cholesterol: 312.99mg (104.33%), Sodium: 473.3mg (20.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.32g (22.65%), Vitamin B12: 6.07µg (101.09%), Selenium: 27.96µg (39.94%), Magnesium: 92.56mg (23.14%), Vitamin B2: 0.38mg (22.4%), Iron: 3.75mg (20.81%), Vitamin A: 1010.1IU (20.2%), Phosphorus: 180.08mg (18.01%), Vitamin B5: 1.5mg (15%), Calcium: 138.15mg (13.81%), Vitamin D: 1.62µg (10.81%), Vitamin E: 1.28mg (8.55%), Vitamin K: 8.02µg (7.64%), Folate: 29.96µg (7.49%), Vitamin B6: 0.14mg (7%), Vitamin B1: 0.08mg (5.45%), Zinc: 0.69mg (4.63%), Potassium: 146.42mg (4.18%), Copper: 0.05mg (2.34%), Manganese: 0.03mg (1.52%), Vitamin C: 0.91mg (1.1%)