



## Cook the Book: Black Olive Mini Blinis with Pink Mascarpone, Salmon, and Preserved Beet

 Gluten Free

READY IN



90 min.

SERVINGS



20

CALORIES



65 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 1 small beets
- ☐ 0.8 cup olives black pitted
- ☐ 20 servings butter for pan frying
- ☐ 2.3 tsp yeast dried
- ☐ 1 eggs
- ☐ 1 tbsp honey
- ☐ 1 cup milk low-fat lukewarm

- ☐ 0.5 cup raspberry vinegar
- ☐ 1 pinch salt
- ☐ 20 servings salt and pepper freshly ground
- ☐ 4 oz salmon smoked

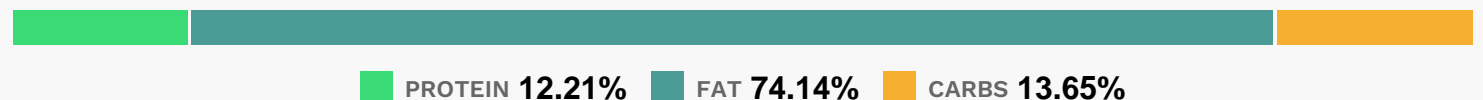
## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap

## Directions

- ☐ Grind the olives in a food processor.
- ☐ Add the flours, egg, and yeast.
- ☐ Add the milk in a trickle while stirring.
- ☐ Add a pinch of salt. Cover the batter with plastic wrap and leave to rise for 1 hour in a warm place.
- ☐ Cut or slice the beet into very fine slices. Collect the red juice by cutting it over a bowl.
- ☐ Combine the vinegar and honey, season with salt and pepper, and pour over the beet slices. Set aside.
- ☐ Stir the collected red juice into the mascarpone and season with salt and pepper.
- ☐ Heat a flapjack pan, butter the cavities, and pour a spoonful of batter into each cavity. If you don't own a flapjack pan, you can also pour small spoonfuls into a shallow skillet. You may find it easiest with a squeeze bottle if you have one available. Cook until slightly risen and done in a few minutes.
- ☐ Cover the blinis with a layer of pink cream, a slice of salmon, and a slice of beet.

## Nutrition Facts



## Properties

Glycemic Index:10.31, Glycemic Load:0.64, Inflammation Score:-2, Nutrition Score:2.3395652142556%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg

Nutrients (% of daily need)

Calories: 65.24kcal (3.26%), Fat: 5.43g (8.35%), Saturated Fat: 2.87g (17.91%), Carbohydrates: 2.25g (0.75%), Net Carbohydrates: 1.88g (0.68%), Sugar: 1.76g (1.96%), Cholesterol: 20.83mg (6.94%), Sodium: 362.48mg (15.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.02%), Vitamin D: 1.14µg (7.62%), Vitamin B12: 0.29µg (4.75%), Selenium: 2.92µg (4.18%), Vitamin A: 186.02IU (3.72%), Folate: 13.98µg (3.5%), Vitamin B1: 0.05mg (3.33%), Phosphorus: 31.46mg (3.15%), Vitamin B2: 0.05mg (2.96%), Vitamin E: 0.41mg (2.75%), Vitamin B3: 0.45mg (2.26%), Calcium: 21.86mg (2.19%), Vitamin B5: 0.19mg (1.86%), Vitamin B6: 0.04mg (1.82%), Potassium: 55.52mg (1.59%), Manganese: 0.03mg (1.58%), Fiber: 0.37g (1.47%), Copper: 0.03mg (1.31%), Magnesium: 4.73mg (1.18%)