



Cornmeal Blini Bites

READY IN



35 min.

SERVINGS



36

CALORIES



185 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 8.5 ounce corn muffin mix
- ☐ 1 large eggs beaten
- ☐ 18 grapes green seedless halved
- ☐ 36 servings honey for drizzling
- ☐ 0.5 cup milk
- ☐ 36 servings olive oil for shallow frying (cup
- ☐ 0.5 cup ricotta cheese

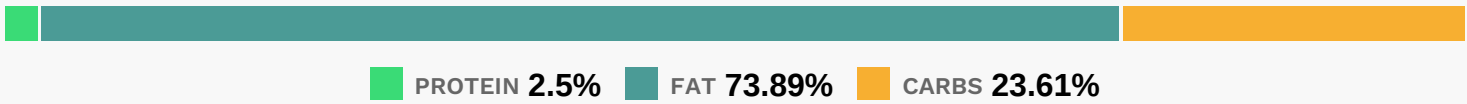
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk the muffin mix, milk and egg together until smooth.
- ☐ Heat a nonstick skillet over medium heat.
- ☐ Add 1/4 inch of oil to the pan and heat until shimmering. Working in batches, drop teaspoons of batter into the oil to make small pancakes, about 1 1/2 inches wide. Cook until bubbles appear on the tops and the bottoms are golden, 1 to 2 minutes. Flip and finish cooking, about 1 more minute.
- ☐ Top each blini with ricotta and a grape half.
- ☐ Drizzle with honey and serve warm.

Nutrition Facts



Properties

Glycemic Index:4.54, Glycemic Load:3.29, Inflammation Score:-1, Nutrition Score:2.1886956639912%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 184.76kcal (9.24%), Fat: 15.51g (23.86%), Saturated Fat: 2.53g (15.83%), Carbohydrates: 11.15g (3.72%), Net Carbohydrates: 10.67g (3.88%), Sugar: 7.67g (8.53%), Cholesterol: 7.46mg (2.49%), Sodium: 61.45mg (2.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.18g (2.36%), Vitamin E: 2.05mg (13.68%), Vitamin K: 9.18µg (8.74%), Phosphorus: 45.13mg (4.51%), Vitamin B2: 0.04mg (2.37%), Vitamin B1: 0.03mg (2.21%), Selenium: 1.42µg (2.03%), Fiber: 0.47g (1.89%), Folate: 7.48µg (1.87%), Iron: 0.32mg (1.79%), Calcium: 16.7mg (1.67%), Manganese: 0.03mg (1.46%), Vitamin B3: 0.25mg (1.23%)