



## Fresh Corn Blinis with Smoked Salmon and Chive Cream

READY IN



45 min.

SERVINGS



8

CALORIES



90 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 ear shucked corn
- ☐ 1 large egg white
- ☐ 1 large egg yolk
- ☐ 2 tablespoons fine-ground cornmeal yellow
- ☐ 1.5 ounces flour all-purpose
- ☐ 1 tablespoon chives fresh minced
- ☐ 0.5 cup milk 1% low-fat

- ☐ 0.5 cup cup heavy whipping cream sour reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 4 ounces cold-smoked salmon cut into 24 (2-inch) strips

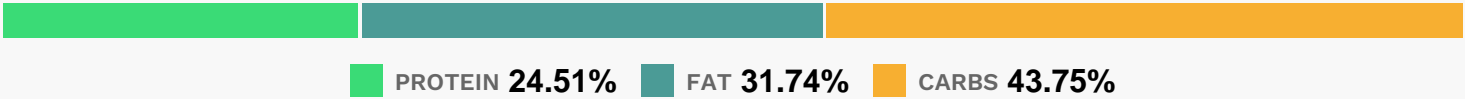
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

## Directions

- ☐ Combine sour cream and chives in a small bowl. Cover and refrigerate.
- ☐ Cut kernels from ear of corn. Scrape remaining pulp from cob using the dull side of a knife blade. Discard cob. Set corn aside.
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and cornmeal in a medium bowl; make a well in center of mixture.
- ☐ Combine milk and egg yolk in a small bowl; stir well with a whisk.
- ☐ Add milk mixture to flour mixture, and stir with a whisk just until moist. Stir in corn, salt, and pepper.
- ☐ Place egg white in a bowl; beat with a mixer at high speed until foamy. Gently fold egg white mixture into corn mixture.
- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray. Spoon about 1 tablespoon batter per blini onto pan, spreading to about 2-inch diameter. Cook 2 minutes or until tops are covered with bubbles and edges begin to set. Carefully turn blinis over; cook for 1 minute longer.
- ☐ Transfer blinis to a serving platter, and arrange in a single layer; keep warm. Repeat process with the remaining batter. Top each blini with 1 piece salmon and 1 teaspoon sour cream mixture.
- ☐ Garnish with chopped chives, if desired.

# Nutrition Facts



## Properties

Glycemic Index:27.56, Glycemic Load:4.03, Inflammation Score:-2, Nutrition Score:5.1365217799726%

## Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 90.36kcal (4.52%), Fat: 3.2g (4.93%), Saturated Fat: 1.44g (9%), Carbohydrates: 9.93g (3.31%), Net Carbohydrates: 9.3g (3.38%), Sugar: 1.57g (1.74%), Cholesterol: 31.98mg (10.66%), Sodium: 211.27mg (9.19%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.56g (11.12%), Vitamin D: 2.73µg (18.2%), Selenium: 9.39µg (13.41%), Vitamin B12: 0.66µg (10.96%), Phosphorus: 79.25mg (7.92%), Vitamin B2: 0.12mg (6.87%), Vitamin B3: 1.28mg (6.39%), Vitamin B1: 0.09mg (5.89%), Folate: 21.13µg (5.28%), Calcium: 45.28mg (4.53%), Vitamin B6: 0.09mg (4.35%), Manganese: 0.08mg (4.23%), Potassium: 133.84mg (3.82%), Vitamin B5: 0.37mg (3.69%), Magnesium: 14.59mg (3.65%), Iron: 0.58mg (3.25%), Vitamin A: 156.74IU (3.13%), Copper: 0.06mg (2.94%), Zinc: 0.4mg (2.66%), Fiber: 0.63g (2.51%), Vitamin E: 0.31mg (2.09%), Vitamin C: 1.11mg (1.35%), Vitamin K: 1.07µg (1.02%)