



## Potato Blini with Caviar

READY IN



30 min.

SERVINGS



6

CALORIES



153 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 ounce lumpfish caviar black red divided (recommended: Romanoff Moorehouse)
- 2 tablespoons flour all-purpose
- 1 tablespoon optional: dill fresh finely chopped
- 1.5 teaspoons horseradish prepared
- 1.5 cups potatoes mashed
- 0.5 cup cup heavy whipping cream sour
- 2 tablespoons vegetable oil

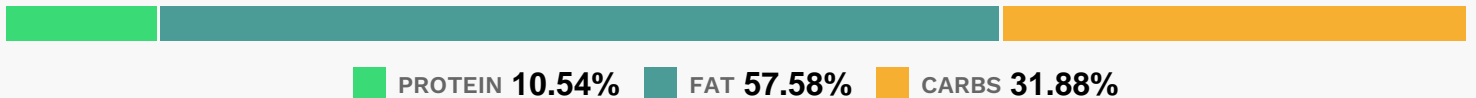
### Equipment

- bowl
- frying pan
- paper towels
- oven

## Directions

- Watch how to make this recipe.
- Heat oven to 200 degrees F.
- Stir together mashed potatoes, 1 teaspoon horseradish and flour; set aside.
- Heat oil in a large skillet over medium-high heat. Make blini by dropping 1 tablespoonful of potato mixture into pan. Cook 2 to 4 minutes per side or until golden brown.
- Remove to a paper towel lined plate to drain. Keep warm in the oven. Repeat with remaining potato mixture.
- In a small bowl, stir together sour cream, remaining horseradish, and dill.
- Serve blini by topping each with 1 1/2 teaspoons sour cream mixture.
- Garnish with caviar.

## Nutrition Facts



## Properties

Glycemic Index:34.79, Glycemic Load:8.13, Inflammation Score:-3, Nutrition Score:7.4086955682091%

## Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## Nutrients (% of daily need)

Calories: 153.13kcal (7.66%), Fat: 10.02g (15.42%), Saturated Fat: 3.03g (18.93%), Carbohydrates: 12.49g (4.16%), Net Carbohydrates: 11.23g (4.08%), Sugar: 1.17g (1.3%), Cholesterol: 66.87mg (22.29%), Sodium: 156.18mg (6.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.26%), Vitamin B12: 1.93µg (32.17%), Vitamin C: 10.88mg (13.19%), Selenium: 7.94µg (11.34%), Magnesium: 43.27mg (10.82%), Vitamin B6: 0.2mg (9.76%), Iron: 1.67mg (9.3%),

Vitamin K: 9.7µg (9.24%), Phosphorus: 81.26mg (8.13%), Potassium: 268.33mg (7.67%), Vitamin B2: 0.12mg (7.08%),  
Vitamin B5: 0.56mg (5.63%), Vitamin B1: 0.08mg (5.57%), Manganese: 0.11mg (5.33%), Calcium: 52.86mg (5.29%),  
Fiber: 1.27g (5.06%), Folate: 19.66µg (4.92%), Vitamin A: 211.15IU (4.22%), Vitamin E: 0.63mg (4.19%), Copper:  
0.08mg (3.75%), Vitamin B3: 0.74mg (3.68%), Zinc: 0.33mg (2.23%), Vitamin D: 0.27µg (1.83%)