



Potato Blini with Sour Cream and Caviar

READY IN



45 min.

SERVINGS



6

CALORIES



280 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 6 servings caviar
- 2 large eggs separated
- 9 tablespoons flour all-purpose
- 0.5 teaspoon pepper
- 1 large potatoes finely grated
- 1 teaspoon salt
- 6 servings cup heavy whipping cream sour
- 6 servings vegetable oil
- 2 tablespoons whipping cream

Equipment

- frying pan
- paper towels
- whisk
- hand mixer

Directions

- Beat egg whites at medium speed with an electric mixer until stiff peaks form.
- Whisk egg yolks until thickened. Stir in potato and next 4 ingredients. Fold in egg whites.
- Pour oil to depth of 1/2 inch in a large heavy skillet; heat to 35
- Drop potato mixture by teaspoonfuls into hot oil; fry, in batches, 1 to 2 minutes on each side or until golden.
- Drain on paper towels.
- Serve immediately with sour cream and caviar.

Nutrition Facts

PROTEIN 7.36% **FAT 63.91%** **CARBS 28.73%**

Properties

Glycemic Index:31.79, Glycemic Load:14.1, Inflammation Score:-3, Nutrition Score:8.5356521399125%

Flavonoids

Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 279.72kcal (13.99%), Fat: 20.07g (30.87%), Saturated Fat: 5.1g (31.84%), Carbohydrates: 20.29g (6.76%), Net Carbohydrates: 18.59g (6.76%), Sugar: 1.13g (1.25%), Cholesterol: 80.61mg (26.87%), Sodium: 435.27mg (18.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.41%), Vitamin K: 27.62µg (26.3%), Vitamin C: 12.25mg (14.85%), Selenium: 10.37µg (14.82%), Vitamin B6: 0.23mg (11.25%), Vitamin B2: 0.19mg (11.03%), Manganese: 0.2mg (9.98%), Vitamin B1: 0.15mg (9.98%), Folate: 39.71µg (9.93%), Vitamin E: 1.45mg (9.64%), Phosphorus: 96.05mg (9.6%), Potassium: 317.81mg (9.08%), Iron: 1.45mg (8.04%), Fiber: 1.7g (6.8%), Vitamin B3:

1.34mg (6.71%), Vitamin B12: 0.38µg (6.36%), Magnesium: 23.47mg (5.87%), Vitamin B5: 0.58mg (5.77%), Copper: 0.1mg (5.05%), Vitamin A: 249.45IU (4.99%), Calcium: 37.55mg (3.75%), Zinc: 0.54mg (3.57%), Vitamin D: 0.44µg (2.95%)