



Russian Pancakes - Blini

 Vegetarian

READY IN



35 min.

SERVINGS



20

CALORIES



49 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 tablespoon butter
- 2 eggs
- 0.5 cup flour all-purpose
- 2.5 cups milk
- 0.3 teaspoon salt
- 1 tablespoon vegetable oil
- 1 tablespoon sugar white

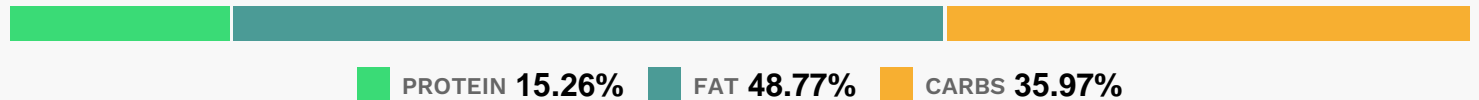
Equipment

- bowl
- frying pan
- whisk
- spatula

Directions

- In a medium bowl, whisk together the eggs, sugar, and salt. Sift the flour into the bowl, and stir in along with the milk.
- Mix until smooth and well blended. The batter should be thin.
- Heat a griddle or skillet over medium heat. Lightly oil the pan or spray with cooking spray.
- Pour about 2 tablespoons of the batter, or as much as desired, into the pan. Tilt the pan to spread the batter out evenly. When the edges are crisp looking and the center appears dry, slide a spatula carefully under the blin. Flip, and cook for about 1 minute on the other side, or until lightly browned.
- Remove blini to a plate. Put a little butter on top, and continue to stack the blini on top of each other. To serve, spread with desired filling, then fold in half, and in half again to form a triangle. Mmm Mmm!

Nutrition Facts



Properties

Glycemic Index:11.65, Glycemic Load:2.69, Inflammation Score:-1, Nutrition Score:1.9195652319037%

Nutrients (% of daily need)

Calories: 49.31kcal (2.47%), Fat: 2.67g (4.11%), Saturated Fat: 1.17g (7.33%), Carbohydrates: 4.44g (1.48%), Net Carbohydrates: 4.35g (1.58%), Sugar: 2.09g (2.32%), Cholesterol: 21.53mg (7.18%), Sodium: 61.17mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.88g (3.77%), Vitamin B2: 0.08mg (4.59%), Phosphorus: 43.06mg (4.31%), Selenium: 3µg (4.29%), Calcium: 40.65mg (4.06%), Vitamin B12: 0.2µg (3.42%), Vitamin B1: 0.04mg (2.89%), Vitamin D: 0.42µg (2.82%), Vitamin B5: 0.2mg (1.96%), Folate: 7.81µg (1.95%), Vitamin A: 90.66IU (1.81%), Potassium: 55.35mg (1.58%), Vitamin B6: 0.03mg (1.37%), Zinc: 0.2mg (1.36%), Vitamin K: 1.41µg (1.35%), Iron: 0.22mg (1.24%), Magnesium: 4.89mg (1.22%), Manganese: 0.02mg (1.19%), Vitamin B3: 0.22mg (1.1%)