



Sterling Cooper Blini with Caviar

READY IN



45 min.

SERVINGS



16

CALORIES



84 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.5 cup butter
- 16 servings caviar for topping
- 1 eggs
- 0.5 cup flour all-purpose sifted
- 0.8 cup milk
- 3 tablespoons cream sour for topping blini
- 0.5 teaspoon sugar

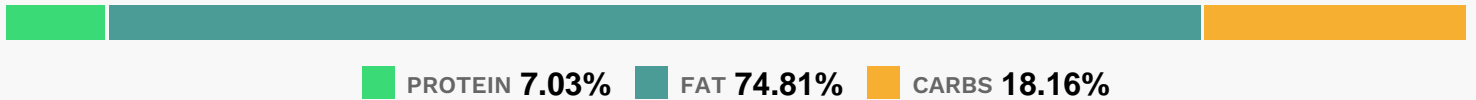
Equipment

- bowl
- frying pan
- paper towels

Directions

- In a large bowl, sift the flour and baking powder together.
- Add the milk, sugar and 2 tablespoons sour cream. Beat the egg until frothy, add to batter and stir well.
- Let batter stand for 20 minutes. Melt butter on a griddle or large skillet. Fry small (2–3 inch) pancakes in very hot butter.
- Drain on paper towels. Top each blini with sour cream and caviar before serving.

Nutrition Facts



Properties

Glycemic Index:20.32, Glycemic Load:2.48, Inflammation Score:-2, Nutrition Score:1.9030434782609%

Nutrients (% of daily need)

Calories: 83.52kcal (4.18%), Fat: 7.03g (10.82%), Saturated Fat: 4.22g (26.37%), Carbohydrates: 3.84g (1.28%), Net Carbohydrates: 3.74g (1.36%), Sugar: 0.78g (0.86%), Cholesterol: 34.06mg (11.35%), Sodium: 82.89mg (3.6%), Protein: 1.49g (2.97%), Vitamin B12: 0.3µg (5.05%), Vitamin A: 233.72IU (4.67%), Selenium: 3.2µg (4.57%), Vitamin B2: 0.06mg (3.53%), Phosphorus: 30.93mg (3.09%), Calcium: 30.27mg (3.03%), Vitamin B1: 0.04mg (2.72%), Folate: 9.29µg (2.32%), Iron: 0.37mg (2.03%), Vitamin E: 0.23mg (1.53%), Vitamin B5: 0.15mg (1.52%), Magnesium: 5.96mg (1.49%), Manganese: 0.03mg (1.43%), Vitamin D: 0.21µg (1.4%), Vitamin B3: 0.25mg (1.25%)