

Sweet Blini

 Vegetarian

READY IN



4500 min.

SERVINGS



8

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon yeast dry (from a 1 1/4-oz envelope)
- 1 cup apricot preserves
- 3 large eggs
- 1 cup flour all-purpose
- 1 tablespoon juice of lemon fresh
- 1 cup milk whole (105°-115°F)
- 0.5 teaspoon salt
- 2 tablespoons sugar

0.3 cup butter unsalted cooled melted

0.3 cup water (105°–115°F)

Equipment

food processor

bowl

frying pan

blender

kitchen towels

spatula

Directions

Stir together yeast, 1 teaspoon sugar, and warm water in a small bowl and let stand until foamy, about 5 minutes. (If mixture doesn't foam, discard and start over with new yeast, sugar, and warm water.)

Transfer yeast mixture to a blender and add flour, salt, milk, and remaining 2 tablespoons sugar, then blend until combined.

Pour into a bowl and cover with a kitchen towel.

Let stand in a warm, draft-free place until almost doubled in bulk, about 1 hour. Return mixture to blender and add eggs and 2 tablespoons butter. Blend until smooth.

Lightly brush a 10-inch nonstick skillet with melted butter, then heat over moderately high heat until hot but not smoking. Holding skillet off heat, pour in 1/3 cup batter, immediately tilting and rotating skillet to coat bottom. (If batter sets before skillet is coated, reduce heat slightly.) Return skillet to heat and cook crêpe until underside and edges are just set and golden, about 1 1/2 minutes. (Loosen edge of crêpe with a heatproof rubber spatula to check.) Flip crêpe over carefully with your fingertips. Cook until other side is golden, about 1 minute more.

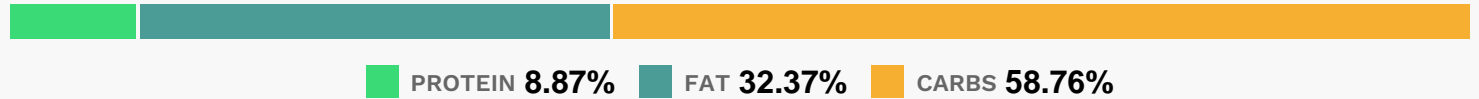
Transfer crêpe to a plate.

Brush skillet with more melted butter and make 7 more crêpes in same manner, stacking them as made and brushing skillet between each crêpe.

Purée preserves and lemon juice in a food processor until smooth.

- Spread 1/2 tablespoon preserves on a crêpe and fold in eighths to form a triangle. Repeat with remaining preserves and crêpes.
- Brush a 12-inch heavy skillet with remaining butter and arrange crêpes in 1 layer with points at center of skillet. Cook over moderate heat until crêpes are beginning to brown, 1 to 2 minutes, then flip crêpes over with a spatula and cook 1 minute more.
- Transfer to a platter and dust with confectioners sugar.

Nutrition Facts



Properties

Glycemic Index:22.89, Glycemic Load:11.26, Inflammation Score:-4, Nutrition Score:6.1091304214104%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 237.64kcal (11.88%), Fat: 8.77g (13.49%), Saturated Fat: 4.83g (30.19%), Carbohydrates: 35.81g (11.94%), Net Carbohydrates: 35.19g (12.8%), Sugar: 17.46g (19.4%), Cholesterol: 88.66mg (29.55%), Sodium: 197.1mg (8.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.41g (10.82%), Selenium: 12.35µg (17.64%), Vitamin B2: 0.23mg (13.55%), Vitamin B1: 0.19mg (12.72%), Folate: 47.39µg (11.85%), Phosphorus: 90.02mg (9%), Vitamin A: 388.67IU (7.77%), Iron: 1.21mg (6.73%), Manganese: 0.13mg (6.35%), Calcium: 58.55mg (5.85%), Vitamin B12: 0.34µg (5.73%), Vitamin B3: 1.14mg (5.7%), Vitamin D: 0.82µg (5.45%), Vitamin B5: 0.54mg (5.38%), Vitamin C: 3.33mg (4.04%), Zinc: 0.53mg (3.56%), Copper: 0.07mg (3.53%), Vitamin B6: 0.07mg (3.51%), Potassium: 118.55mg (3.39%), Vitamin E: 0.43mg (2.85%), Magnesium: 11.07mg (2.77%), Fiber: 0.62g (2.48%)