



Wedding Barbie - Blini with Caviar

READY IN



170 min.

SERVINGS



6

CALORIES



244 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups buckwheat flour
- ☐ 3 tablespoons butter melted
- ☐ 0.3 cup buttermilk
- ☐ 6 servings crème fraîche for serving
- ☐ 1 teaspoon yeast dry
- ☐ 2 egg whites
- ☐ 0.1 cup fish roe plus more if desired
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon salt

- ☐ 0.3 cup warm water
- ☐ 1 cup milk whole

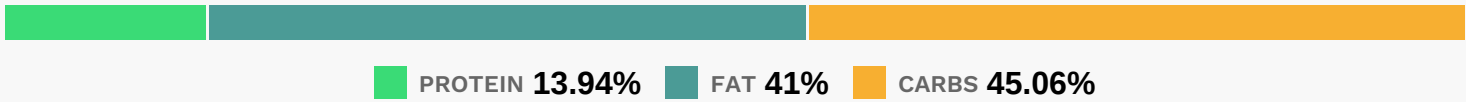
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a large bowl mix the yeast and warm water and allow to sit for 5 minutes.
- ☐ Whisk in the whole milk and melted butter.
- ☐ Add the all-purpose flour, buckwheat flour, and salt, and mix well. Cover and let the mixture to rise in a warm place until doubled in size, about 2 hours.
- ☐ When the dough has risen and doubled in size add the buttermilk and fold in the whipped egg whites until well mixed.
- ☐ Heat a large skillet over medium heat and coat with the cooking spray before beginning to make the pancakes.
- ☐ Add tablespoons of batter to the skillet, forming 1-inch diameter pancakes (or larger, if you like) and cook until golden brown on 1 side then flip them over and do the same on the other side.
- ☐ Remove from pan allow to cool on a platter. Repeat with remaining batter. Top with creme fraiche and caviar and serve.

Nutrition Facts



Properties

Glycemic Index:32.33, Glycemic Load:3.75, Inflammation Score:-6, Nutrition Score:11.61478261844%

Flavonoids

Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg Quercetin:

1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 243.91kcal (12.2%), Fat: 11.56g (17.78%), Saturated Fat: 6.17g (38.58%), Carbohydrates: 28.58g (9.53%), Net Carbohydrates: 25.3g (9.2%), Sugar: 3.72g (4.14%), Cholesterol: 57.09mg (19.03%), Sodium: 266.27mg (11.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.69%), Manganese: 0.65mg (32.66%), Magnesium: 99.93mg (24.98%), Vitamin B12: 1.3µg (21.63%), Phosphorus: 189.45mg (18.94%), Vitamin B1: 0.26mg (17.53%), Vitamin B2: 0.27mg (16.11%), Selenium: 10.4µg (14.86%), Fiber: 3.28g (13.12%), Vitamin B3: 2.44mg (12.22%), Vitamin B6: 0.23mg (11.72%), Iron: 2.08mg (11.55%), Folate: 42.16µg (10.54%), Calcium: 103.17mg (10.32%), Copper: 0.18mg (8.94%), Zinc: 1.32mg (8.77%), Potassium: 300.05mg (8.57%), Vitamin A: 376.68IU (7.53%), Vitamin B5: 0.65mg (6.54%), Vitamin D: 0.72µg (4.8%), Vitamin E: 0.43mg (2.85%), Vitamin K: 2.97µg (2.83%)