



Wholewheat Blinis with American Caviar

READY IN



45 min.

SERVINGS



28

CALORIES



63 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon yeast dry
- ☐ 0.5 cup flour
- ☐ 2 ounces caviar
- ☐ 2 tablespoons cup heavy whipping cream sour for serving
- ☐ 1 large eggs separated
- ☐ 1 tablespoon optional: dill fresh chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.1 teaspoon sugar
- ☐ 2 tablespoons butter unsalted cooled melted ()

- ☐ 28 servings vegetable oil for frying
- ☐ 3 tablespoons water (105°F to 115°F)
- ☐ 0.8 cup milk whole room temperature
- ☐ 0.5 cup flour whole wheat

Equipment

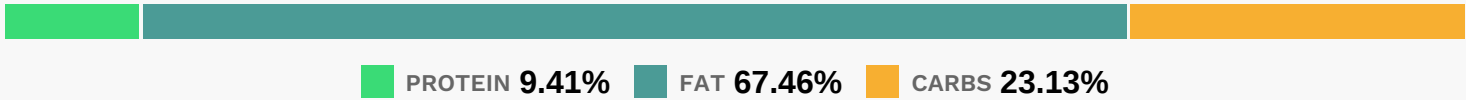
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Pour 3 tablespoons warm water into bowl.
- ☐ Sprinkle yeast over; stir to blend.
- ☐ Let stand until yeast dissolves, about 10 minutes.
- ☐ Whisk milk, melted butter, 2 tablespoons sour cream, egg yolk, sugar, and salt into yeast mixture.
- ☐ Add both flours; whisk until smooth. Cover with plastic wrap; let stand at room temperature until very small bubbles begin to form on top of batter, 2 1/2 to 3 hours (batter will not rise).
- ☐ Using electric mixer, beat egg white in another medium bowl until stiff but not dry. Fold beaten egg white and dill into batter.
- ☐ Brush griddle or large nonstick skillet with oil; heat over medium heat. Working in batches, drop batter by tablespoonfuls onto griddle; cook until bubbles form on top and blinis are golden on bottom, about 1 minute. Turn blinis over and cook until golden on bottom, 30 seconds to 1 minute.
- ☐ Transfer blinis to rimmed baking sheet. DO AHEAD: Can be made 2 hours ahead. Rewarm uncovered in 350°F oven 5 minutes.
- ☐ Serve blinis with sour cream and caviar.

- ☐ We like the Carolina
- ☐ Rainbow Trout Caviar from North
- ☐ Carolina. A two-ounce jar costs only\$44 (sunbursttrout.com).

Nutrition Facts



Properties

Glycemic Index:7.07, Glycemic Load:1.36, Inflammation Score:-1, Nutrition Score:2.3734782475816%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 63.05kcal (3.15%), Fat: 4.82g (7.41%), Saturated Fat: 1.46g (9.13%), Carbohydrates: 3.72g (1.24%), Net Carbohydrates: 3.41g (1.24%), Sugar: 0.39g (0.43%), Cholesterol: 22.69mg (7.56%), Sodium: 46.38mg (2.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.03%), Vitamin B12: 0.46µg (7.66%), Selenium: 4.13µg (5.89%), Manganese: 0.1mg (5.23%), Vitamin K: 5.34µg (5.08%), Vitamin B2: 0.05mg (2.88%), Vitamin B1: 0.04mg (2.86%), Phosphorus: 28.63mg (2.86%), Magnesium: 10.65mg (2.66%), Iron: 0.46mg (2.54%), Vitamin E: 0.34mg (2.26%), Folate: 8.27µg (2.07%), Calcium: 16.72mg (1.67%), Vitamin A: 80.59IU (1.61%), Vitamin B5: 0.16mg (1.57%), Vitamin B3: 0.27mg (1.36%), Vitamin D: 0.2µg (1.32%), Vitamin B6: 0.02mg (1.22%), Fiber: 0.3g (1.22%)