

Breakfast Blini

Ingredients

4 Eggs
1 cup Cottage Cheese
1/2 cup Buckwheat flour
1/4 cup 50% Butter, melted & 50% oil

Method:

Mix eggs and oil. Add remaining ingredients.

Cook on griddle. Make as small pancakes (2 tablespoons?), about 4 inch diameter.

Comments:

Nutrition Information: (for recipe)

Source: Sunset, fall 1982

| Nutrition Facts | | |
|--|-----------------|-----------------------|
| Serving Size Entire Recipe 542g (542 g) | | |
| Amount Per Serving | | |
| Calories | 1101 | Calories from Fat 665 |
| % Daily Value* | | |
| Total Fat | 75g | 115% |
| Saturated Fat | 25g | 124% |
| Trans Fat | 0g | |
| Cholesterol | 916mg | 305% |
| Sodium | 1207mg | 50% |
| Total Carbohydrate | 50g | 17% |
| Dietary Fiber | 6g | 24% |
| Sugars | 9g | |
| Protein | 61g | |
| Vitamin A | 36% • Vitamin C | 0% |
| Calcium | 28% • Iron | 36% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | | |
| © www.NutritionData.com | | |