

# Buckwheat Pancakes

Yield: 4 min  
Total Time: 5 min

Recipe from: <https://www.recipeschoose.com/recipes/blini-recipe-russian-buckwheat-pancakes>

## Ingredients:

- 2/3 cup buckwheat flour
- 2/3 cup all purpose flour
- 2/3 cup whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon salt
- 1 tablespoon brown sugar
- 1 1/2 cups buttermilk
- 1/4 cup butter melted
- 2 eggs

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 145 milligrams
4. Fat: 17 grams
5. Fiber: 5 grams
6. Protein: 15 grams
7. SaturatedFat: 9 grams
8. Sodium: 1080 milligrams
9. Sugar: 8 grams

---

Thank you for visiting our website. Hope you enjoy Buckwheat Pancakes above. You can see more 15 blini recipe russian buckwheat pancakes Try these culinary delights! to get more great cooking ideas.