



Apple & blueberry blintzes

 Vegetarian

READY IN



60 min.

SERVINGS



6

CALORIES



405 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 servings pancake mix well (see 'Goes with')
- ☐ 250 g mascarpone cheese
- ☐ 1 tsp vanilla extract
- ☐ 3 tbsp sugar for sprinkling plus a little extra
- ☐ 1 egg yolk
- ☐ 50 g butter unsalted
- ☐ 6 small apples cored peeled cut into 8
- ☐ 200 g blueberries

- ☐ 0.5 tsp ground cinnamon
- ☐ 3 tbsp sugar
- ☐ 1 tablespoon juice of lemon fresh

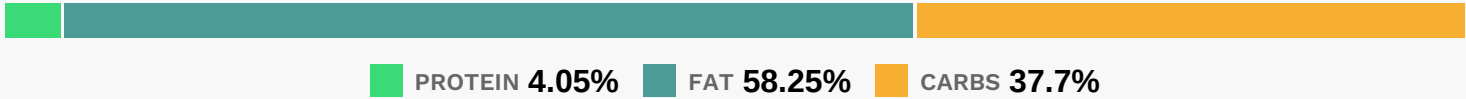
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ sieve

Directions

- ☐ Prepare pancakes following the classic recipe (see 'Goes well with').
- ☐ Beat together the mascarpone, vanilla extract, 1 tbsp of the sugar and the egg yolk until smooth and thoroughly combined, set aside. Melt half the butter in a large frying pan and add half the apples and half the remaining sugar. Cook until the apples are tender and starting to caramelise.
- ☐ Remove from the pan and cook remaining apples in the same way. Set aside.
- ☐ Add the blueberries to the pan, cook for 1-2 mins until they start to soften, remove from the pan and add half to the apples.
- ☐ Place all the ingredients for the sauce in a saucepan with 75ml of water and cook over a low heat until the blueberries start to break down. Push the mixture through a fine nylon sieve, taste and add sugar or lemon juice if needed.
- ☐ Add the reserved softened blueberries and pour into a jug for serving.
- ☐ Heat the oven to 180C/160C fan/gas
- ☐ Lay the pancakes out on a work surface and divide the mascarpone mixture into the middle of each pancake in a neat dollop. Top the mascarpone with the apple and blueberry mixture and fold over the sides of the pancakes to completely encase the filling in a neat square parcel. Arrange the blintzes in an ovenproof dish seam side down and scatter with a little caster sugar plus a pinch of ground cinnamon.
- ☐ Bake on the middle shelf for about 10-15 mins or until warmed through.
- ☐ Serve 2 blintzes per person with the blueberry sauce alongside in a jug.

Nutrition Facts



Properties

Glycemic Index:36.2, Glycemic Load:15.43, Inflammation Score:-6, Nutrition Score:5.5365217457647%

Flavonoids

Cyanidin: 5.16mg, Cyanidin: 5.16mg, Cyanidin: 5.16mg, Cyanidin: 5.16mg Petunidin: 10.51mg, Petunidin: 10.51mg, Petunidin: 10.51mg, Petunidin: 10.51mg Delphinidin: 11.81mg, Delphinidin: 11.81mg, Delphinidin: 11.81mg, Delphinidin: 11.81mg Malvidin: 22.53mg, Malvidin: 22.53mg, Malvidin: 22.53mg, Malvidin: 22.53mg Peonidin: 6.79mg, Peonidin: 6.79mg, Peonidin: 6.79mg, Peonidin: 6.79mg Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg, Catechin: 3.7mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 11.43mg, Epicatechin: 11.43mg, Epicatechin: 11.43mg, Epicatechin: 11.43mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg, Quercetin: 8.54mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 404.87kcal (20.24%), Fat: 26.79g (41.22%), Saturated Fat: 16.31g (101.92%), Carbohydrates: 39.02g (13.01%), Net Carbohydrates: 34.5g (12.55%), Sugar: 30.97g (34.41%), Cholesterol: 92.69mg (30.9%), Sodium: 32.38mg (1.41%), Alcohol: 0.24g (100%), Alcohol %: 0.12% (100%), Protein: 4.19g (8.39%), Vitamin A: 936.59IU (18.73%), Fiber: 4.52g (18.07%), Vitamin C: 11.07mg (13.42%), Manganese: 0.21mg (10.39%), Vitamin K: 10.38µg (9.89%), Calcium: 79.81mg (7.98%), Potassium: 197.14mg (5.63%), Vitamin E: 0.74mg (4.92%), Vitamin B6: 0.09mg (4.59%), Vitamin B2: 0.08mg (4.56%), Phosphorus: 37.6mg (3.76%), Copper: 0.07mg (3.29%), Vitamin B1: 0.05mg (3.07%), Folate: 11.97µg (2.99%), Selenium: 1.98µg (2.82%), Magnesium: 10.35mg (2.59%), Vitamin B5: 0.24mg (2.4%), Iron: 0.4mg (2.2%), Vitamin D: 0.29µg (1.91%), Vitamin B3: 0.3mg (1.5%), Zinc: 0.2mg (1.36%), Vitamin B12: 0.08µg (1.27%)