



Bacon and Cheese Blintzes

 Gluten Free

READY IN



35 min.

SERVINGS



5

CALORIES



466 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup milk
- ☐ 0.3 cup butter melted
- ☐ 8 eggs
- ☐ 3 tablespoons butter
- ☐ 0.3 cup whipping cream
- ☐ 3 oz cream cheese cut into small pieces
- ☐ 0.5 cup spring onion chopped (8 medium)
- ☐ 0.3 teaspoon salt

- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 8 slices bacon crumbled cooked
- ☐ 2 oz cheddar cheese shredded
- ☐ 0.5 cup frangelico

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ In small bowl, beat Bisquick mix, milk, melted butter and 2 of the eggs with wire whisk until blended. In 6- to 7-inch skillet or crepe pan, heat 1 tablespoon butter over medium heat until bubbly. For each crepe, pour 2 tablespoons batter into skillet. Immediately tilt and rotate skillet until batter covers bottom. Cook until light brown. Run wide spatula around edge to loosen; turn and cook other side until light brown. Stack crepes with waxed paper between each; keep covered.
- ☐ In medium bowl, beat remaining 6 eggs and the whipping cream with fork or whisk until blended. Stir in cream cheese, 1/4 cup of the onions, the salt and pepper. In 12-inch skillet, heat 1 tablespoon of the butter over medium heat just until it begins to sizzle.
- ☐ Add egg mixture; cook 3 to 4 minutes, stirring frequently but not constantly, until eggs are thickened throughout but still moist.
- ☐ Spoon 3 tablespoons egg mixture in center of each crepe.
- ☐ Sprinkle with bacon. Fold sides and ends of crepe over filling to form rectangle. In same skillet, melt 1 tablespoon butter over medium heat.
- ☐ Add 5 blintzes, seam side down, to skillet; cook 1 to 2 minutes, turning once, until golden brown.
- ☐ Remove to serving platter. Repeat with remaining 1 tablespoon butter and 5 blintzes.
- ☐ Sprinkle with Cheddar cheese and remaining onions.

Nutrition Facts



 PROTEIN **15.71%**  FAT **80.71%**  CARBS **3.58%**

Properties

Glycemic Index:51.2, Glycemic Load:0.93, Inflammation Score:-7, Nutrition Score:14.02347832659%

Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 466.41kcal (23.32%), Fat: 42.01g (64.63%), Saturated Fat: 22.7g (141.87%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 3.92g (1.43%), Sugar: 2.7g (3%), Cholesterol: 361.92mg (120.64%), Sodium: 699.94mg (30.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.39g (36.78%), Selenium: 33.86µg (48.36%), Vitamin A: 1534.95IU (30.7%), Vitamin B2: 0.51mg (30.08%), Phosphorus: 299.26mg (29.93%), Vitamin K: 23.46µg (22.34%), Calcium: 187.6mg (18.76%), Vitamin B12: 1.11µg (18.47%), Vitamin B5: 1.52mg (15.17%), Zinc: 1.99mg (13.25%), Vitamin D: 1.99µg (13.24%), Vitamin B6: 0.23mg (11.57%), Folate: 44.48µg (11.12%), Vitamin E: 1.66mg (11.06%), Iron: 1.56mg (8.67%), Vitamin B1: 0.13mg (8.64%), Potassium: 273.14mg (7.8%), Vitamin B3: 1.51mg (7.56%), Magnesium: 23.25mg (5.81%), Copper: 0.08mg (4.08%), Manganese: 0.05mg (2.47%), Vitamin C: 1.95mg (2.37%), Fiber: 0.27g (1.09%)