

Basic Blintzes







Ingredients

	8	prepackaged crêpes	(such as Melissa's)

3 tablespoons egg substitute

0.5 cup curd cottage cheese fat-free

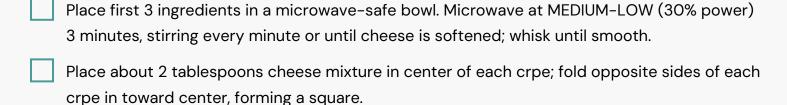
Equipment

bowl

whisk

microwave

Directions



Nutrition Facts



Properties

Glycemic Index:O, Glycemic Load:O, Inflammation Score:-1, Nutrition Score:1.1143478227212%

Nutrients (% of daily need)

Calories: 64.03kcal (3.2%), Fat: 1.03g (1.59%), Saturated Fat: 0.52g (3.26%), Carbohydrates: 10.06g (3.35%), Net Carbohydrates: 10.06g (3.66%), Sugar: 4.36g (4.84%), Cholesterol: 6.95mg (2.32%), Sodium: 143.44mg (6.24%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 3.05g (6.1%), Selenium: 3.81µg (5.44%), Vitamin B2: 0.06mg (3.24%), Phosphorus: 31.16mg (3.12%), Calcium: 26.47mg (2.65%), Iron: 0.32mg (1.78%), Vitamin B5: 0.16mg (1.63%), Vitamin B12: 0.09µg (1.42%)