



Basic Blintzes

READY IN



8 min.

SERVINGS



8

CALORIES



64 kcal

MORNING MEAL

BRUNCH

BREAKFAST

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

- ☐ Place first 3 ingredients in a microwave-safe bowl. Microwave at MEDIUM-LOW (30% power) 3 minutes, stirring every minute or until cheese is softened; whisk until smooth.
- ☐ Place about 2 tablespoons cheese mixture in center of each crpe; fold opposite sides of each crpe in toward center, forming a square.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, 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: 0g (100%), Alcohol %: 0% (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%)