



Blintz Brunch Bake

READY IN



60 min.

SERVINGS



16

CALORIES



272 kcal

MORNING MEAL

BRUNCH

BREAKFAST

SIDE DISH

Ingredients

- 0.8 cup butter melted
- 1 Tbsp calumet baking powder
- 5 eggs divided
- 1 cup flour
- 2 tsp lemon zest
- 0.3 cup milk
- 16 oz philadelphia neufchatel cheese softened
- 15 oz polly-o natural part skim ricotta cheese
- 0.8 cup sugar divided

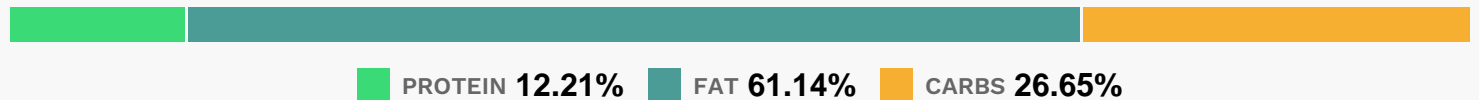
Equipment

- bowl
- oven
- whisk
- blender
- baking pan

Directions

- Heat oven to 325F.
- Beat Neufchatel, ricotta, 2 eggs, 1/4 cup sugar, lemon zest and juice in large bowl with mixer until blended.
- Whisk remaining eggs, sugar, flour, butter, milk and baking powder in separate bowl until blended.
- Spread 1/3 of the batter onto bottom of 13x9-inch baking dish sprayed with cooking spray; cover with Neufchatel mixture, then remaining batter.
- Bake 45 min. or until center is set.

Nutrition Facts



Properties

Glycemic Index:18.88, Glycemic Load:11.39, Inflammation Score:-5, Nutrition Score:5.8639130605304%

Nutrients (% of daily need)

Calories: 271.9kcal (13.6%), Fat: 18.66g (28.71%), Saturated Fat: 7.23g (45.16%), Carbohydrates: 18.3g (6.1%), Net Carbohydrates: 18.06g (6.57%), Sugar: 10.61g (11.79%), Cholesterol: 80.83mg (26.94%), Sodium: 328.99mg (14.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.39g (16.77%), Selenium: 12.29µg (17.56%), Calcium: 166.71mg (16.67%), Vitamin A: 801.64IU (16.03%), Phosphorus: 146.18mg (14.62%), Vitamin B2: 0.21mg (12.1%), Folate: 28.32µg (7.08%), Zinc: 0.84mg (5.59%), Vitamin B1: 0.08mg (5.47%), Vitamin B12: 0.32µg (5.26%), Vitamin B5: 0.5mg (4.96%), Iron: 0.85mg (4.7%), Vitamin E: 0.61mg (4.09%), Potassium: 114.57mg (3.27%), Manganese: 0.06mg (3.18%), Magnesium: 11.21mg (2.8%), Vitamin B3: 0.56mg (2.8%), Vitamin B6: 0.05mg (2.37%), Vitamin D: 0.34µg (2.29%), Copper: 0.04mg (1.94%)