



Blintz Souffle I

 Vegetarian

READY IN



95 min.

SERVINGS



8

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 tablespoons cornstarch
- ☐ 16 ounce curd cottage cheese
- ☐ 8 ounce cream cheese at room temperature
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.3 cup heavy cream

- ☐ 0.3 cup orange juice
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 pound strawberries hulled sliced
- ☐ 0.8 cup butter unsalted at room temperature
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.8 cup water
- ☐ 0.5 cup sugar white

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ blender
- ☐ baking pan
- ☐ hand mixer
- ☐ toothpicks

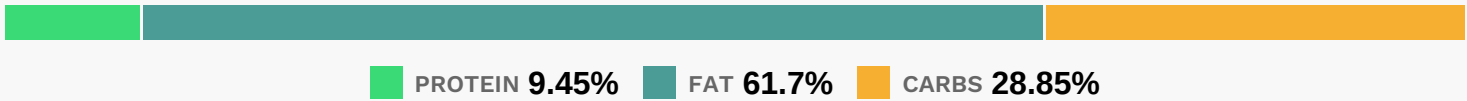
Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Butter a 9x13-inch baking dish.
- ☐ Beat butter with 1/3 cup sugar in a mixing bowl with an electric mixer until light and fluffy. In a separate bowl, stir together flour, baking powder, salt, and 1 teaspoon cinnamon until well combined. In a third bowl, beat 8 ounces of cottage cheese with 1/4 cup sour cream, 5 eggs, 1 1/2 teaspoons of vanilla extract, and the heavy cream until the mixture is smooth. Alternate adding flour mixture and cottage cheese mixture with the creamed sugar and butter to make a fluffy batter.
- ☐ To make the filling, beat the cream cheese in a bowl with an electric mixer on high speed until fluffy, and add 16 ounce container of cottage cheese, 1/3 cup sugar, 2 eggs, 1/4 cup of sour

cream, and 1 1/2 teaspoons of vanilla extract. Reduce mixer speed to medium, and beat until very smooth and creamy, about 5 minutes.

- ☐ Place half the batter into the bottom of the prepared baking dish, and spread the filling over it in an even layer.
- ☐ Spread the rest of the batter over the cheese layer.
- ☐ Bake in the preheated oven until the top is golden brown and a toothpick inserted into the center of the dish comes out clean, 50 minutes to 1 hour. Turn off the oven, open the door, and let the casserole cool in the oven for about 5 minutes before removing.
- ☐ Make a sauce by whisking together the orange juice, cornstarch, water, 1/8 teaspoon of cinnamon, and 1/2 cup of sugar in a saucepan over medium-low heat until the mixture boils. Stir in the strawberries, cover, reduce heat, and let the sauce simmer, stirring occasionally, until the strawberries are cooked and the sauce has thickened, about 15 minutes. Spoon sauce over casserole to serve.

Nutrition Facts



Properties

Glycemic Index:48.51, Glycemic Load:20.25, Inflammation Score:-7, Nutrition Score:12.093043451724%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg, Hesperetin: 0.93mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 503.45kcal (25.17%), Fat: 34.96g (53.78%), Saturated Fat: 20.45g (127.81%), Carbohydrates: 36.79g (12.26%), Net Carbohydrates: 35.17g (12.79%), Sugar: 19.13g (21.26%), Cholesterol: 137.59mg (45.86%), Sodium: 434.68mg (18.9%), Alcohol: 0.26g (100%), Alcohol %: 0.13% (100%), Protein: 12.05g (24.1%), Vitamin C: 37.32mg (45.24%), Selenium: 17.71µg (25.3%), Vitamin A: 1227.84IU (24.56%), Phosphorus: 211.31mg (21.13%), Vitamin B2: 0.34mg (19.78%), Manganese: 0.34mg (17.25%), Calcium: 170.29mg (17.03%), Folate: 60.42µg (15.11%), Vitamin B1: 0.17mg (11.57%), Vitamin B5: 0.87mg (8.67%), Vitamin E: 1.17mg (7.81%), Vitamin B12: 0.47µg (7.79%), Iron: 1.39mg (7.71%), Potassium: 253.49mg (7.24%), Fiber: 1.62g (6.47%), Vitamin B3: 1.29mg (6.43%), Magnesium: 22.42mg (5.61%), Vitamin B6: 0.1mg (5.19%), Zinc: 0.77mg (5.14%), Vitamin D: 0.71µg (4.77%), Copper: 0.09mg (4.74%), Vitamin K: 3.78µg (3.6%)