



Blueberry Blintzes

 Vegetarian

READY IN

ready

110 min.

SERVINGS

servings

5

CALORIES

calories

758 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 pints blueberries
- ☐ 2 tablespoons butter
- ☐ 3 tablespoons confectioners' sugar
- ☐ 1 teaspoon cornstarch
- ☐ 4 ounces cream cheese
- ☐ 1 eggs
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose

- ☐ 1 juice of lemon juiced
- ☐ 1 lemon zest finely grated
- ☐ 1 cup milk
- ☐ 1.5 cups ricotta cheese
- ☐ 1 pinch salt
- ☐ 0.8 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 3 tablespoons butter unsalted melted plus more for sauteing the crepes
- ☐ 5 servings butter unsalted melted for sauteing blintzes
- ☐ 0.3 cup water cold

Equipment

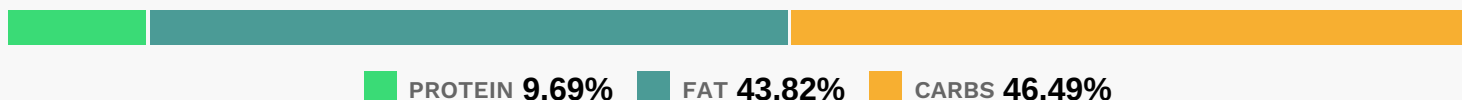
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ pot
- ☐ blender
- ☐ wooden spoon
- ☐ spatula

Directions

- ☐ Combine the milk, water, eggs, flour, salt and sugar in a blender. Blend on medium speed for 15 seconds, until the batter is smooth and lump-free. Scrape down the sides of the blender and pour in 3 tablespoons of melted butter. Blend it again for a second just to incorporate. Refrigerate the batter for 1 hour to let it rest. If the crepes are made immediately, they have a tendency to be rubbery; when you let the batter rest, the crepes have a better texture and a softer bite.
- ☐ Put an 8-inch crepe pan or nonstick skillet over medium heat and brush with a little melted butter for added assurance.

- ☐ Pour 1/4 cup of batter into the pan and swirl it around so it covers the bottom evenly; pour back any excess. Cook for 30 to 45 seconds, until the crepe batter sets. Lightly bang the edge of the pan with a wooden spoon to loosen the crepe; then flip it and cook another 30 seconds. The art of flipping a crepe in the air takes practice, so make sure no one is looking when you get the first one going. If this intimidates you, use a heatproof rubber spatula to loosen and flip the crepe. The crepes should be pliable, not crisp, and lightly brown. Slide them onto a platter and continue making the crepes until all the batter is used. Cover the stack of crepes with a towel to keep them from drying out. This makes 10 crepes.
- ☐ Assembly: Preheat the oven to 400 degrees F. Forming the blintzes is kind of like making burritos. Spoon 1/4 cup of the Cheese Filling along the lower third of the crepe. Fold the bottom edge away from you to just cover the filling; then fold the 2 sides in to the center.
- ☐ Roll the crepe away from you a couple of times to make a package, ending with the seam side down. Put an ovenproof skillet over medium heat.
- ☐ Brush with melted butter. Pan-fry the blintzes for 2 minutes per side until crisp and golden.
- ☐ Transfer the pan to the oven and bake for 10 minutes so the egg in the filling cooks slightly and the cheese sets. Using a spatula, transfer the blintzes to serving plates. Spoon the Blueberry Sauce on top, dust with confectioners' sugar, and serve right away.
- ☐ Serve with chopped banana and remaining Blueberry Sauce.
- ☐ Sprinkle with powdered sugar and serve.
- ☐ In a food processor, combine the ricotta cheese, cream cheese, confectioners' sugar, lemon zest, and egg and blend until smooth. Chill the filling to firm it up a bit so it doesn't squirt out of the blintzes.
- ☐ Combine the butter, blueberries, sugar, cornstarch, and lemon juice in a small pot over medium-high heat. Bring up to a low boil and stir gently until the berries break down and release their natural juices. The consistency should remain a bit chunky. It will thicken up when it cools down slightly.

Nutrition Facts



Properties

Glycemic Index:79.44, Glycemic Load:47.4, Inflammation Score:-8, Nutrition Score:20.282608902973%

Flavonoids

Cyanidin: 16.01mg, Cyanidin: 16.01mg, Cyanidin: 16.01mg, Cyanidin: 16.01mg Petunidin: 59.68mg, Petunidin: 59.68mg, Petunidin: 59.68mg, Petunidin: 59.68mg Delphinidin: 67.06mg, Delphinidin: 67.06mg, Delphinidin: 67.06mg, Delphinidin: 67.06mg Malvidin: 127.93mg, Malvidin: 127.93mg, Malvidin: 127.93mg, Malvidin: 127.93mg Peonidin: 38.4mg, Peonidin: 38.4mg, Peonidin: 38.4mg, Peonidin: 38.4mg Catechin: 10.01mg, Catechin: 10.01mg, Catechin: 10.01mg, Catechin: 10.01mg Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg, Epicatechin: 1.17mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg Myricetin: 2.46mg, Myricetin: 2.46mg, Myricetin: 2.46mg, Myricetin: 2.46mg Quercetin: 14.54mg, Quercetin: 14.54mg, Quercetin: 14.54mg, Quercetin: 14.54mg Gallocatechin: 0.23mg, Gallocatechin: 0.23mg, Gallocatechin: 0.23mg, Gallocatechin: 0.23mg

Nutrients (% of daily need)

Calories: 757.8kcal (37.89%), Fat: 37.93g (58.36%), Saturated Fat: 22.34g (139.64%), Carbohydrates: 90.55g (30.18%), Net Carbohydrates: 85.18g (30.98%), Sugar: 59.66g (66.29%), Cholesterol: 205.76mg (68.59%), Sodium: 238.55mg (10.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.88g (37.77%), Selenium: 30.87µg (44.11%), Manganese: 0.83mg (41.29%), Vitamin K: 39.45µg (37.58%), Vitamin B2: 0.6mg (35.4%), Phosphorus: 298.33mg (29.83%), Vitamin A: 1435.26IU (28.71%), Calcium: 273.19mg (27.32%), Vitamin C: 22.23mg (26.94%), Vitamin B1: 0.32mg (21.48%), Fiber: 5.37g (21.47%), Folate: 82.41µg (20.6%), Vitamin E: 2.13mg (14.17%), Vitamin B12: 0.83µg (13.89%), Iron: 2.5mg (13.88%), Zinc: 2.02mg (13.49%), Vitamin B5: 1.25mg (12.51%), Vitamin B3: 2.45mg (12.27%), Vitamin B6: 0.23mg (11.71%), Potassium: 403.59mg (11.53%), Copper: 0.19mg (9.6%), Vitamin D: 1.41µg (9.43%), Magnesium: 37.16mg (9.29%)