



Cheese Blintzes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



250 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon cinnamon
- 4 large eggs
- 1.5 pounds fromage frais
- 1.5 cups flour all-purpose
- 0.5 cup sugar
- 12 servings butter unsalted
- 1 teaspoon vanilla extract pure
- 2 cups milk whole

Equipment

- food processor
- bowl
- frying pan
- ladle
- oven
- spatula

Directions

- To make the crepes, combine the milk, eggs, and flour in a food processor and process until smooth.
- Transfer the batter to a bowl and let it rest for 30 minutes. Meanwhile, prepare the filling.
- Combine the farmer's cheese, sugar, vanilla, and cinnamon in the work bowl of a food processor and process until smooth.
- Transfer to another bowl and set aside.
- Melt a pat of butter in a heavy 8-inch nonstick skillet.* Ladle in just enough batter to coat the bottom of the skillet. (Tilt the skillet to coat it evenly.) Allow the crepe to cook undisturbed until it is set and the bottom is golden brown, 3 to 4 minutes. Loosen the crepe around the edges with a spatula and carefully transfer it to a paper-towel-lined plate. Repeat with remaining batter. You should have enough for about 14 crepes.
- Spoon about 4 tablespoons of filling down the center of each crepe. Fold in the short ends and then roll up, burrito-style.
- Serve the blintzes immediately or rewarm in a 250°F oven.
- *It's very important to use a nonstick skillet!
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MARK RUSS FEDERMAN, grandson of founder, Joel Russ, took over the running of Russ & Daughters from his parents in 1978 and turned it over to the fourth generation, his daughter, Niki, and nephew Josh, in 200
- He has appeared individually on panels at the Smithsonian Institution, the Museum of the City of New York, the New York Public Library, and the conference of the Association of Food Journalists, among other venues. Mark and Russ & Daughters were most recently featured on

the PBS documentary The Jews of New York; on Lidia Bastianich's PBS series Lidia Celebrates America; and on Anthony Bourdain's No Reservations.

Nutrition Facts



PROTEIN 20.51% **FAT 43.2%** **CARBS 36.29%**

Properties

Glycemic Index:15.67, Glycemic Load:15.17, Inflammation Score:-2, Nutrition Score:5.278260803741%

Nutrients (% of daily need)

Calories: 249.62kcal (12.48%), Fat: 11.83g (18.2%), Saturated Fat: 6.71g (41.91%), Carbohydrates: 22.35g (7.45%), Net Carbohydrates: 21.89g (7.96%), Sugar: 10.42g (11.58%), Cholesterol: 96.34mg (32.11%), Sodium: 266.9mg (11.6%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 12.63g (25.27%), Selenium: 11.29µg (16.13%), Vitamin B2: 0.21mg (12.54%), Vitamin B1: 0.15mg (10.16%), Phosphorus: 92.22mg (9.22%), Folate: 36.58µg (9.15%), Manganese: 0.13mg (6.44%), Calcium: 63.85mg (6.39%), Vitamin B12: 0.38µg (6.27%), Iron: 1.03mg (5.72%), Vitamin D: 0.86µg (5.7%), Vitamin A: 281.08IU (5.62%), Vitamin B3: 0.98mg (4.91%), Vitamin B5: 0.48mg (4.82%), Zinc: 0.5mg (3.32%), Vitamin B6: 0.06mg (3.02%), Potassium: 102.94mg (2.94%), Magnesium: 10.51mg (2.63%), Vitamin E: 0.32mg (2.15%), Fiber: 0.47g (1.86%), Copper: 0.04mg (1.84%)