

Cheese Blintzes

 Vegetarian

READY IN



30 min.

SERVINGS



10

CALORIES



479 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 16 ounce cream cheese softened
- ☐ 2 teaspoons ground cinnamon
- ☐ 2 tablespoons milk
- ☐ 1 pint cup heavy whipping cream sour
- ☐ 1 teaspoon vanilla extract
- ☐ 1 pound bread white
- ☐ 4 tablespoons sugar white

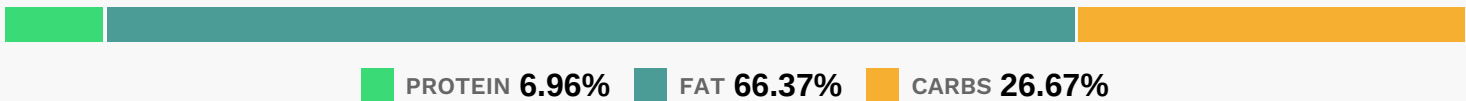
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Spray a cookie sheet generously with non-stick cooking spray.
- ☐ Trim crusts from bread and roll the slices flat.
- ☐ In a small bowl combine sugar and cinnamon to make a mixture.
- ☐ In a large mixing bowl, mix softened cream cheese, milk and vanilla until smooth.
- ☐ Spread this mixture onto each slice of flattened bread.
- ☐ Roll each bread slice up. Dip bread/cream cheese rolls in melted butter, roll the blintzes immediately in the sugar-cinnamon mixture.
- ☐ Cut rolls into 1 inch pieces. Arrange the blintzes on the prepared cookie sheet.
- ☐ Bake for 10 minutes.
- ☐ Serve with sour cream.

Nutrition Facts



Properties

Glycemic Index:26.49, Glycemic Load:20, Inflammation Score:-7, Nutrition Score:9.4734782123047%

Nutrients (% of daily need)

Calories: 478.72kcal (23.94%), Fat: 35.73g (54.97%), Saturated Fat: 20.21g (126.28%), Carbohydrates: 32.31g (10.77%), Net Carbohydrates: 31.06g (11.29%), Sugar: 10.74g (11.94%), Cholesterol: 98.49mg (32.83%), Sodium: 447.7mg (19.47%), Alcohol: 0.14g (100%), Alcohol %: 0.11% (100%), Protein: 8.43g (16.87%), Vitamin A: 1194.09IU (23.88%), Selenium: 16.39µg (23.41%), Calcium: 198.01mg (19.8%), Vitamin B2: 0.3mg (17.77%), Manganese: 0.35mg

(17.49%), Vitamin B1: 0.25mg (16.82%), Folate: 57.63µg (14.41%), Phosphorus: 141.79mg (14.18%), Vitamin B3: 2.26mg (11.3%), Iron: 1.65mg (9.14%), Vitamin B5: 0.69mg (6.86%), Vitamin E: 0.94mg (6.29%), Magnesium: 21.94mg (5.48%), Zinc: 0.81mg (5.42%), Potassium: 181.73mg (5.19%), Fiber: 1.26g (5.02%), Vitamin B6: 0.09mg (4.47%), Vitamin B12: 0.23µg (3.91%), Copper: 0.07mg (3.75%), Vitamin K: 2.68µg (2.55%)