



Cheese Blintzes

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



223 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups blueberries fresh
- ☐ 3 large eggs
- ☐ 1 cup curd cottage cheese fat-free
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup cream cheese light tub-style
- ☐ 2 teaspoons powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups skim milk

- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 teaspoons vanilla extract
- ☐ 1.5 tablespoons vegetable oil

Equipment

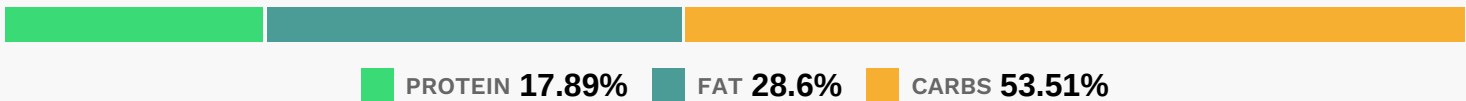
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ wax paper
- ☐ spatula

Directions

- ☐ Place cottage cheese in a blender or food processor, and process until smooth, scraping sides of processor bowl once.
- ☐ Add cream cheese, sugar, and 1 teaspoon vanilla; process until smooth.
- ☐ Pour mixture into a bowl; cover and chill.
- ☐ Place flour in a medium bowl.
- ☐ Combine milk, oil, 1 1/2 teaspoons vanilla, salt, and eggs, and add to flour, stirring with a whisk until almost smooth. Cover and chill 2 hours.
- ☐ Place a 10-inch crepe pan or nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Remove skillet from heat.
- ☐ Pour 3 tablespoons batter into pan; quickly tilt pan in all directions so batter covers skillet with a thin film. Cook about 1 minute.

- ☐ Carefully lift edge of crepe with a spatula to test for doneness. The crepe is ready to turn when it can be shaken loose from the pan and the underside is lightly browned. Turn crepe over; cook 30 seconds on other side.
- ☐ Place crepe on a towel; cool. Repeat procedure with remaining batter. Stack crepes between single sheets of wax paper or paper towels to prevent sticking.
- ☐ Spoon 3 tablespoons cottage cheese mixture in center of each crepe; fold sides and ends of crepe over filling to form a rectangle.
- ☐ Place filled crepes, seam sides down, on a baking sheet lined with plastic wrap. (Blintzes may be covered and chilled at this point).
- ☐ Place a large nonstick skillet coated with cooking spray over medium heat until hot.
- ☐ Place 4 blintzes, seam sides down, in skillet; cook 2 minutes or until lightly browned. Turn blintzes over; cook for 2 minutes. Repeat procedure with remaining blintzes.
- ☐ Serve warm with blueberries, and sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:27.29, Glycemic Load:15.53, Inflammation Score:-4, Nutrition Score:8.8513042512147%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 223.04kcal (11.15%), Fat: 7.04g (10.84%), Saturated Fat: 2.45g (15.29%), Carbohydrates: 29.65g (9.88%), Net Carbohydrates: 28.34g (10.31%), Sugar: 14.4g (16%), Cholesterol: 81.21mg (27.07%), Sodium: 277.94mg (12.08%), Alcohol: 0.43g (100%), Alcohol %: 0.32% (100%), Protein: 9.91g (19.83%), Selenium: 15.31µg (21.86%), Vitamin B2:

0.33mg (19.55%), Phosphorus: 184.14mg (18.41%), Manganese: 0.25mg (12.44%), Calcium: 122.45mg (12.24%), Vitamin B1: 0.18mg (12.15%), Vitamin B12: 0.7µg (11.69%), Vitamin K: 12.1µg (11.52%), Folate: 45.94µg (11.48%), Vitamin B5: 0.82mg (8.19%), Iron: 1.23mg (6.84%), Potassium: 225.55mg (6.44%), Vitamin D: 0.93µg (6.17%), Vitamin B3: 1.21mg (6.05%), Vitamin A: 300IU (6%), Zinc: 0.84mg (5.58%), Fiber: 1.31g (5.24%), Vitamin B6: 0.1mg (4.81%), Magnesium: 17.88mg (4.47%), Vitamin E: 0.67mg (4.46%), Vitamin C: 3.59mg (4.35%), Copper: 0.07mg (3.64%)