



Cheese Blintzes with Blueberry Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



277 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4.5 cups blueberries fresh picked over (from 5 half-pint containers,)
- 4 tablespoons butter
- 4 ounces curd cottage cheese 4% (milk fat)
- 1.5 teaspoons cornstarch
- 1 egg yolk
- 6 large eggs
- 12 ounces fromage frais
- 1.5 cups flour all-purpose

- 12 servings salt
- 0.8 cup sugar
- 1.5 cups milk whole

Equipment

- bowl
- frying pan
- sauce pan
- blender
- spatula

Directions

- Make crêpes
- In blender, combine milk and eggs.
- Add flour and salt and blend at low speed until smooth, less than 1 minute.
- Let batter stand 1/2 hour.
- Have ready large plate or platter.
- Place skillet over moderately high heat, brush lightly with some melted butter, and heat until butter just begins to smoke.
- Pour 1/4 to 1/3 cup batter into pan, tilting to spread into thin, even layer. Cook until crêpe begins to "blister," edges curl slightly away from skillet, and underside is lightly browned, about 1 to 2 minutes. Use flexible spatula to flip crêpe out of skillet and onto plate, cooked side up.
- Repeat with remaining batter, brushing skillet lightly with melted butter before cooking each crêpe. Stack crêpes, cooked side down, on plate and let cool.
- Make filling
- In large bowl, mash together farmer and cottage cheeses until blended.
- Add egg yolk, melted butter, sugar, and salt, and mix until combined.
- Place 1 crêpe, cooked side up, on a plate.

- Place 2 tablespoons filling in center, and fold up bottom to cover filling. Fold down top, then flip over and fold in sides. Flip over again and place on a large plate. Repeat with remaining crêpes and filling. (Can be made up to 1 day ahead; cover and chill until ready to fry.)
- Make sauce
- In large saucepan, combine 3 cups blueberries, sugar, and cornstarch. Set over moderately low heat and stir gently until sugar dissolves. Raise heat to moderately high and boil, stirring occasionally, 3 minutes.
- Remove from heat and gently stir in remaining blueberries.
- Fry blintzes
- Heat 1 tablespoon butter in iron skillet over moderately high heat.
- Add 3 blintzes and fry until golden brown on both sides, about 1 to 2 minutes per side. Repeat with remaining blintzes.
- Serve hot with sauce.

Nutrition Facts



■ PROTEIN **16.12%**
■ FAT **34.34%**
■ CARBS **49.54%**

Properties

Glycemic Index:25.01, Glycemic Load:20.67, Inflammation Score:-4, Nutrition Score:8.2839130007702%

Flavonoids

Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg, Cyanidin: 4.7mg Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg, Petunidin: 17.5mg Delphinidin: 19.66mg, Delphinidin: 19.66mg, Delphinidin: 19.66mg, Delphinidin: 19.66mg Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg, Malvidin: 37.51mg Peonidin: 11.26mg, Peonidin: 11.26mg, Peonidin: 11.26mg, Peonidin: 11.26mg Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg, Catechin: 2.94mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg, Quercetin: 4.26mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 276.89kcal (13.84%), Fat: 10.67g (16.42%), Saturated Fat: 5.51g (34.45%), Carbohydrates: 34.63g (11.54%), Net Carbohydrates: 32.87g (11.95%), Sugar: 19.87g (22.08%), Cholesterol: 133.86mg (44.62%), Sodium: 415.79mg (18.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.27g (22.55%), Selenium: 15.49µg (22.13%), Vitamin

B2: 0.28mg (16.68%), Manganese: 0.3mg (15.17%), Phosphorus: 125.87mg (12.59%), Folate: 47.14µg (11.78%), Vitamin B1: 0.18mg (11.71%), Vitamin K: 11.26µg (10.73%), Vitamin B12: 0.47µg (7.75%), Iron: 1.38mg (7.64%), Vitamin B5: 0.74mg (7.37%), Vitamin A: 365.86IU (7.32%), Fiber: 1.76g (7.02%), Calcium: 68.34mg (6.83%), Vitamin C: 5.38mg (6.53%), Vitamin D: 0.93µg (6.17%), Vitamin B3: 1.22mg (6.08%), Vitamin B6: 0.11mg (5.33%), Vitamin E: 0.76mg (5.05%), Zinc: 0.72mg (4.83%), Potassium: 152.58mg (4.36%), Copper: 0.08mg (3.87%), Magnesium: 14.36mg (3.59%)