



Cheese Blintzes with Fresh Fruit Salsa

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.7 cup banana sliced
- 2 teaspoons butter melted
- 9 inch d crêpes french (such as Melissa's)
- 0.7 cup mangos diced ripe peeled
- 3 tablespoons mango chutney
- 1 cup part-skim ricotta cheese
- 3 tablespoons powdered sugar
- 0.7 cup strawberries sliced
- 1 teaspoon vanilla extract

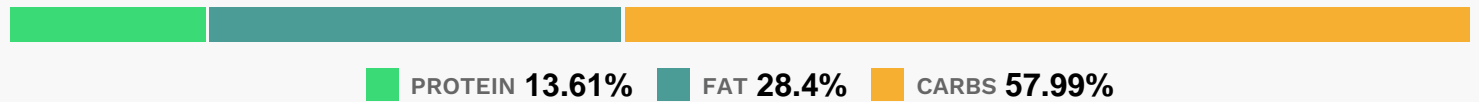
Equipment

- bowl
- oven
- baking pan

Directions

- To prepare salsa, combine the first 4 ingredients in a bowl; toss gently. Cover and chill.
- Preheat oven to 45
- To prepare blintzes, combine ricotta, sugar, and vanilla, stirring well. Spoon 2 tablespoons cheese mixture in center of each crepe; fold sides and ends over.
- Place seam side down in a 13 x 9-inch baking dish coated with cooking spray.
- Brush butter over crepes.
- Bake at 450 for 6 minutes or until lightly browned.
- Serve salsa over crepes.

Nutrition Facts



Properties

Glycemic Index:62.88, Glycemic Load:10.81, Inflammation Score:-5, Nutrition Score:7.8391305221164%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 5.97mg, Pelargonidin: 5.97mg, Pelargonidin: 5.97mg, Pelargonidin: 5.97mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg, Catechin: 2.74mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.16mg, Kaempferol:

0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 238.35kcal (11.92%), Fat: 7.6g (11.7%), Saturated Fat: 4.6g (28.74%), Carbohydrates: 34.93g (11.64%), Net Carbohydrates: 33.19g (12.07%), Sugar: 23.05g (25.62%), Cholesterol: 27mg (9%), Sodium: 131.13mg (5.7%), Alcohol: 0.34g (100%), Alcohol %: 0.26% (100%), Protein: 8.2g (16.4%), Vitamin C: 27.62mg (33.48%), Calcium: 184.53mg (18.45%), Selenium: 11.23µg (16.04%), Phosphorus: 132.08mg (13.21%), Vitamin A: 616.98IU (12.34%), Manganese: 0.19mg (9.61%), Vitamin B2: 0.16mg (9.59%), Folate: 32.37µg (8.09%), Vitamin B6: 0.15mg (7.57%), Potassium: 263.67mg (7.53%), Fiber: 1.74g (6.94%), Zinc: 0.94mg (6.26%), Magnesium: 22.69mg (5.67%), Copper: 0.1mg (4.94%), Iron: 0.63mg (3.51%), Vitamin B5: 0.32mg (3.24%), Vitamin E: 0.46mg (3.08%), Vitamin B12: 0.18µg (3.07%), Vitamin B3: 0.5mg (2.51%), Vitamin B1: 0.04mg (2.46%), Vitamin K: 2.42µg (2.3%)