



 **24%**  
HEALTH SCORE

## Cheese Matzo Blintzes with Asparagus and Dill

READY IN



45 min.

SERVINGS



4

CALORIES



780 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 pound asparagus trimmed
- 0.3 teaspoon pepper black
- 3 cups curd cottage cheese 4% ( milkfat; 24 ounces)
- 1 large eggs lightly beaten
- 4 large eggs
- 2 tablespoons optional: dill fresh chopped
- 1.3 cups matzo meal
- 0.3 teaspoon salt

- 2 bunches spring onion trimmed cut into 1-inch pieces
- 0.3 cup butter unsalted
- 0.3 cup vegetable oil for brushing skillet
- 2.5 cups milk whole

## Equipment

- frying pan
- oven
- pot
- blender
- baking pan
- aluminum foil
- spatula
- slotted spoon
- cutting board

## Directions

- Blend milk, matzo meal, eggs, oil, and salt in a blender until smooth.
- Let batter stand 30 minutes.
- Stir batter before using. Lightly brush a 10-inch nonstick skillet with oil and heat over moderately high heat until hot but not smoking. Holding skillet off heat, pour in 1/3 cup batter, immediately tilting and rotating skillet to coat bottom. (If batter sets before skillet is coated, reduce heat slightly for next crêpe.) Return skillet to heat and cook crêpe until top is set and edge and bottom are golden, about 1 minute.
- Remove skillet from heat and loosen edge of crêpe with a flexible heatproof spatula. Quickly invert skillet over a plate to release crêpe. Make 11 more crêpes in same manner, brushing skillet lightly with oil for each and stacking crêpes on plate as cooked.
- Put oven rack in middle position and preheat oven to 350°F.
- Cook asparagus in a wide 4- to 5-quart pot of boiling salted water, uncovered, until just tender, about 5 minutes.

- Transfer asparagus with a slotted spoon to a cutting board to cool.
- Cut off and reserve tips, then finely chop stalks.
- Stir together cottage cheese, chopped stalks, dill, egg, pepper, and salt.
- Put 1 crêpe, paler side up, on a work surface and spread a scant 1/3 cup of filling in a horizontal line just below center of crêpe, leaving a 3/4-inch border at each end. Fold in sides of crêpe over ends of filling, then, beginning at bottom, roll up to enclose filling.
- Transfer, seam side down, to a lightly buttered 15- by 10-inch shallow baking pan. Fill and transfer remaining 11 crêpes in same manner.
- Bake blintzes, covered with foil, until filling is hot, 30 to 35 minutes.
- Heat butter in a 10- to 12-inch skillet over moderate heat until foam subsides.
- Add scallions and cook, stirring, until tender, about 5 minutes. Stir in asparagus tips, salt, and pepper and cook, stirring, until asparagus is heated through, 1 to 2 minutes.
- Remove from heat and stir in dill. Spoon topping over blintzes.

## Nutrition Facts



### Properties

Glycemic Index:44, Glycemic Load:5.1, Inflammation Score:-9, Nutrition Score:33.530869318091%

### Flavonoids

Isorhamnetin: 6.55mg, Isorhamnetin: 6.55mg, Isorhamnetin: 6.55mg, Isorhamnetin: 6.55mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg Quercetin: 17.25mg, Quercetin: 17.25mg, Quercetin: 17.25mg, Quercetin: 17.25mg

### Nutrients (% of daily need)

Calories: 780.41kcal (39.02%), Fat: 44.06g (67.79%), Saturated Fat: 17.23g (107.69%), Carbohydrates: 57.74g (19.25%), Net Carbohydrates: 53.61g (19.5%), Sugar: 14.65g (16.28%), Cholesterol: 310.12mg (103.37%), Sodium: 831.86mg (36.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.21g (78.43%), Vitamin K: 99.05µg (94.34%), Selenium: 58.58µg (83.68%), Phosphorus: 655.95mg (65.6%), Vitamin B2: 1.08mg (63.72%), Vitamin A: 2169.45IU (43.39%), Calcium: 409.65mg (40.96%), Vitamin B12: 2.13µg (35.55%), Vitamin B1: 0.51mg (33.77%), Folate: 125.04µg (31.26%), Vitamin B5: 3.02mg (30.16%), Iron: 5.32mg (29.58%), Manganese: 0.55mg (27.41%), Vitamin E: 3.69mg (24.59%), Potassium: 812.3mg (23.21%), Vitamin B6: 0.44mg (22.13%), Vitamin D: 3.31µg (22.07%), Zinc: 3.1mg (20.68%), Copper: 0.35mg (17.61%), Magnesium: 69.91mg (17.48%), Vitamin B3: 3.37mg (16.86%), Fiber: 4.13g (16.52%), Vitamin C: 8.78mg (10.64%)