



Cottage Cheese Blintzes

 Vegetarian

READY IN



55 min.

SERVINGS



15

CALORIES



141 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 32 ounce curd cottage cheese drained well
- 2 egg yolks
- 3 eggs
- 0.8 cup flour all-purpose
- 2 tablespoons juice of lemon
- 1 cup milk
- 2 tablespoons vegetable oil
- 0.3 cup sugar white

Equipment

- bowl
- frying pan
- whisk

Directions

- Whisk together the eggs, milk, and 2 tablespoons of vegetable oil in a bowl; gradually add in the flour, whisking to remove all lumps.
- Brush a small skillet with 1 teaspoon vegetable oil, and heat over medium-high heat.
- Pour about 2 tablespoons of batter per crepe into the heated skillet, and tilt the pan to completely cover the surface with batter. Crepes should be about 5 inches in diameter. Cook the crepes until golden on the bottom, and set but not wet on top, 1 to 2 minutes per crepe. Don't flip the crepes. Set the cooked crepes aside.
- Mix the cottage cheese, egg yolks, sugar, and lemon juice in a bowl until very well combined. To fill, place a crepe in front of you on a work surface with the cooked side up, and place about 1/4 cup of cheese filling in the center of the crepe. Fold the right and left edges of the crepe over the filling, and roll the crepe over to seal the filling in, making a compact little roll filled with cheese. Set the blintzes aside.
- Heat 1 teaspoon of vegetable oil in a large skillet over medium-low heat, and place the filled blintzes into the hot skillet. Pan-fry the blintzes until golden brown on each side, about 2 minutes per side. Eat hot or cold.

Nutrition Facts

 **PROTEIN 26.71%** **FAT 41.49%** **CARBS 31.8%**

Properties

Glycemic Index:14.01, Glycemic Load:6.62, Inflammation Score:-2, Nutrition Score:5.0182608780654%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 141.39kcal (7.07%), Fat: 6.48g (9.98%), Saturated Fat: 2.13g (13.34%), Carbohydrates: 11.18g (3.73%), Net Carbohydrates: 11.01g (4%), Sugar: 5.84g (6.49%), Cholesterol: 70.89mg (23.63%), Sodium: 210.52mg (9.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.39g (18.78%), Selenium: 12.36µg (17.66%), Phosphorus: 146.28mg (14.63%), Vitamin B2: 0.21mg (12.1%), Calcium: 79.32mg (7.93%), Vitamin B12: 0.47µg (7.88%), Folate: 26.74µg (6.68%), Vitamin B5: 0.63mg (6.34%), Vitamin B1: 0.08mg (5.52%), Vitamin A: 193.27IU (3.87%), Vitamin D: 0.55µg (3.63%), Zinc: 0.52mg (3.48%), Vitamin K: 3.45µg (3.28%), Vitamin B6: 0.06mg (3.24%), Potassium: 110.87mg (3.17%), Iron: 0.56mg (3.09%), Vitamin E: 0.37mg (2.44%), Manganese: 0.05mg (2.43%), Magnesium: 9.46mg (2.37%), Vitamin B3: 0.46mg (2.27%), Copper: 0.04mg (1.77%)