



## Marylyn's Cheese Blintzes

 Vegetarian

READY IN



95 min.

SERVINGS



20

CALORIES



122 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 5 tablespoons butter melted
- 16 ounce curd cottage cheese
- 3 eggs
- 8 ounce farmers cheese
- 1.5 cups flour all-purpose
- 0.8 cup milk
- 1 pinch salt
- 0.3 cup cup heavy whipping cream sour

- 1 teaspoon vanilla extract
- 1 cup water
- 2 tablespoons sugar white

## Equipment

- bowl
- frying pan
- blender
- wax paper

## Directions

- Place the water, milk, eggs, melted butter, 1/2 teaspoon of salt, 1 teaspoon of vanilla extract, and flour in the container of a blender, and blend until the mixture forms a smooth batter, about 1 minute.
- Pour into a bowl, and refrigerate at least 1 hour.
- Clean the blender container, then add the cottage cheese, farmers cheese, sour cream, sugar, 1 teaspoon of vanilla extract, and 1 pinch of salt. Pulse the filling mixture a few times to combine, then blend until the filling is smooth, about 2 minutes.
- Melt 1 teaspoon of butter in an 8-inch skillet over medium heat until the foam disappears from the skillet.
- Pour about 2 tablespoons of batter into the heated skillet, and swirl the pan to coat the bottom completely. Cook until the crepe is opaque and set, 1 to 2 minutes, and set aside, uncooked side down, on a plate lined with wax paper. Repeat with the rest of the batter, buttering the pan every few crepes if needed.
- To fill, place a crepe in front of you on a work surface with the cooked side up, and place about 1 1/2 tablespoons of cheese filling about 1 1/2 inches from the top of the crepe. Fold the top edge of the crepe over the filling, and fold the two sides inward to completely enclose the cheese.
- Roll the crepe over to seal the filling in, making a compact filled roll.
- Melt 1 teaspoon of butter, or as needed, in a skillet over medium-low heat. Pan fry the blintzes on both sides until the filling is hot and brown spots appear on the crepe, 1 to 2 minutes per side.

# Nutrition Facts

PROTEIN 20.6% FAT 47.13% CARBS 32.27%

## Properties

Glycemic Index:13, Glycemic Load:6.38, Inflammation Score:-2, Nutrition Score:3.2304348011866%

## Nutrients (% of daily need)

Calories: 122.34kcal (6.12%), Fat: 6.33g (9.74%), Saturated Fat: 3.44g (21.49%), Carbohydrates: 9.75g (3.25%), Net Carbohydrates: 9.5g (3.45%), Sugar: 2.42g (2.69%), Cholesterol: 42.47mg (14.16%), Sodium: 155.79mg (6.77%), Alcohol: 0.07g (100%), Alcohol %: 0.11% (100%), Protein: 6.23g (12.45%), Selenium: 7.73µg (11.04%), Vitamin B2: 0.13mg (7.79%), Phosphorus: 71.53mg (7.15%), Vitamin B1: 0.09mg (5.88%), Folate: 23.26µg (5.81%), Calcium: 39.31mg (3.93%), Vitamin A: 187.59IU (3.75%), Vitamin B12: 0.22µg (3.63%), Manganese: 0.07mg (3.37%), Iron: 0.57mg (3.17%), Vitamin B5: 0.32mg (3.16%), Vitamin B3: 0.6mg (2.98%), Zinc: 0.29mg (1.95%), Potassium: 61.21mg (1.75%), Vitamin D: 0.26µg (1.7%), Vitamin B6: 0.03mg (1.63%), Magnesium: 6.27mg (1.57%), Copper: 0.03mg (1.38%), Vitamin E: 0.19mg (1.27%), Fiber: 0.25g (1.01%)