



Marylyn's Cheese Blintzes

 Vegetarian

READY IN



95 min.

SERVINGS



20

CALORIES



132 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons butter or as needed
- 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

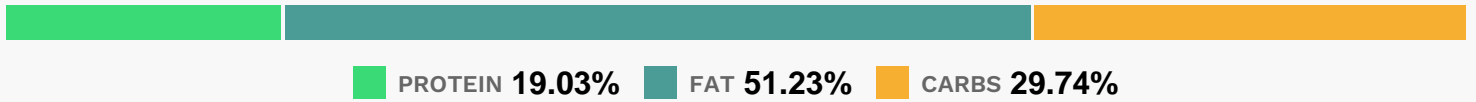
- bowl
- frying pan
- blender
- wax paper

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



Properties

Glycemic Index:15.5, Glycemic Load:6.38, Inflammation Score:-2, Nutrition Score:3.2843478593327%

Nutrients (% of daily need)

Calories: 132.38kcal (6.62%), Fat: 7.46g (11.48%), Saturated Fat: 4.16g (25.98%), Carbohydrates: 9.75g (3.25%), Net Carbohydrates: 9.5g (3.45%), Sugar: 2.42g (2.69%), Cholesterol: 45.48mg (15.16%), Sodium: 164.79mg (7.16%), Alcohol: 0.07g (100%), Alcohol %: 0.11% (100%), Protein: 6.24g (12.48%), Selenium: 7.74µg (11.06%), Vitamin B2: 0.13mg (7.82%), Phosphorus: 71.87mg (7.19%), Vitamin B1: 0.09mg (5.89%), Folate: 23.3µg (5.82%), Vitamin A: 222.58IU (4.45%), Calcium: 39.65mg (3.97%), Vitamin B12: 0.22µg (3.67%), Manganese: 0.07mg (3.37%), Vitamin B5: 0.32mg (3.18%), Iron: 0.57mg (3.17%), Vitamin B3: 0.6mg (2.98%), Zinc: 0.29mg (1.96%), Potassium: 61.54mg (1.76%), Vitamin D: 0.26µg (1.7%), Vitamin B6: 0.03mg (1.64%), Magnesium: 6.29mg (1.57%), Vitamin E: 0.22mg (1.48%), Copper: 0.03mg (1.38%), Fiber: 0.25g (1.01%)