



Monte Cristo Blintzes

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



108 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 ounces deli ham thinly sliced
- ☐ 1 teaspoon powdered sugar
- ☐ 0.3 cup strawberry spread (such as Polaner All Fruit)
- ☐ 1 ounce swiss cheese shredded reduced-fat
- ☐ 4 basic blintzes
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Equipment

- ☐ oven

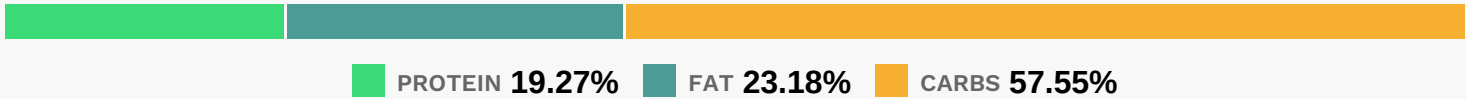
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baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Place 4 blintzes in an 11 x 7-inch baking dish. Top with ham and cheese.
- ☐ Bake at 400 for 12 minutes. Top each with strawberry spread, and sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:7.92, Inflammation Score:-1, Nutrition Score:2.5686956565503%

Nutrients (% of daily need)

Calories: 108.15kcal (5.41%), Fat: 2.75g (4.24%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 15.38g (5.13%), Net Carbohydrates: 15.15g (5.51%), Sugar: 10.89g (12.1%), Cholesterol: 11.27mg (3.76%), Sodium: 189.17mg (8.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.15g (10.3%), Phosphorus: 77.25mg (7.73%), Calcium: 73.36mg (7.34%), Selenium: 4.55µg (6.49%), Vitamin B1: 0.09mg (6%), Vitamin B2: 0.07mg (4.3%), Zinc: 0.62mg (4.12%), Vitamin B12: 0.21µg (3.5%), Vitamin B3: 0.65mg (3.23%), Vitamin B6: 0.06mg (3.19%), Vitamin C: 1.87mg (2.27%), Potassium: 64.78mg (1.85%), Copper: 0.04mg (1.75%), Magnesium: 6.09mg (1.52%), Iron: 0.24mg (1.33%)