



## Orange Blintzes

 Vegetarian

READY IN



120 min.

SERVINGS



12

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 16 ounce curd cottage cheese
- 5 tablespoons bread crumbs dry
- 1 eggs
- 4 eggs
- 1 cup flour all-purpose
- 0.3 cup milk
- 2 tablespoons olive oil extra-virgin
- 0.5 cup orange juice

- 1 tablespoon orange zest grated
- 0.8 teaspoon salt
- 2 tablespoons butter unsalted
- 0.3 cup vanilla yogurt
- 3 tablespoons sugar white

## Equipment

- bowl
- frying pan
- kitchen towels
- spatula

## Directions

- Mix 2 tablespoons of sugar, 1 teaspoon of orange zest, salt, and flour in a small bowl.
- Combine milk and yogurt in a separate bowl. Stir in olive oil and mix until smooth. Beat 4 eggs in a large bowl, then add orange juice. Stir in the yogurt mixture followed by the flour mixture. Beat until smooth. Allow batter to rest at room temperature for 1 hour.
- Beat 1 egg with 3 tablespoons of sugar, then add butter and cottage cheese, mixing until smooth. Stir in the bread crumbs and 1 tablespoon of orange zest. Refrigerate until the batter is ready.
- Lightly butter a 6 inch skillet, and heat over medium heat. For each crepe, pour 1/4 cup of the batter into the skillet, and immediately rotate the skillet until the batter evenly coats the bottom in a thin layer. Cook until the top of the crepe is no longer wet and the bottom has turned light brown. Run a spatula around the edge of the skillet to loosen; flip the crepe, and cook until the other side has turned light brown. Stack the crepes in a clean kitchen towel, placing waxed paper between each.
- Place 2 to 3 tablespoons of the filling onto the golden side of the crepe.
- Roll the crepe up and repeat until all the blintzes are made.
- Heat 2 tablespoons of butter in a large skillet and fry 4 to 5 blintzes at a time until golden brown, about 2 minutes on each side.

## Nutrition Facts



■ PROTEIN 19.43% ■ FAT 41.3% ■ CARBS 39.27%

## Properties

Glycemic Index:21.84, Glycemic Load:8.83, Inflammation Score:-3, Nutrition Score:6.289130433746%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 179.07kcal (8.95%), Fat: 8.18g (12.58%), Saturated Fat: 2.95g (18.43%), Carbohydrates: 17.49g (5.83%), Net Carbohydrates: 16.95g (6.16%), Sugar: 6.18g (6.86%), Cholesterol: 80.51mg (26.84%), Sodium: 326.9mg (14.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.66g (17.31%), Selenium: 14.28µg (20.4%), Vitamin B2: 0.24mg (13.87%), Phosphorus: 128.97mg (12.9%), Vitamin B1: 0.15mg (10.31%), Folate: 40.55µg (10.14%), Vitamin C: 5.89mg (7.14%), Calcium: 68.45mg (6.85%), Vitamin B12: 0.4µg (6.65%), Vitamin B5: 0.63mg (6.32%), Iron: 1.08mg (5.98%), Manganese: 0.12mg (5.88%), Vitamin B3: 1mg (5%), Vitamin A: 243.43IU (4.87%), Vitamin E: 0.63mg (4.21%), Zinc: 0.59mg (3.96%), Potassium: 125.13mg (3.58%), Vitamin B6: 0.07mg (3.43%), Vitamin D: 0.5µg (3.3%), Magnesium: 12.03mg (3.01%), Copper: 0.06mg (2.81%), Fiber: 0.54g (2.17%), Vitamin K: 1.96µg (1.87%)