



## Overnight Blintz Bake

 Gluten Free

READY IN



565 min.

SERVINGS



12

CALORIES



346 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 15 oz ricotta cheese
- 8 oz approx cream cheese spread
- 2 tablespoons sugar
- 1 teaspoon vanilla
- 2 eggs
- 1 cup cream sour
- 0.5 cup sugar
- 0.3 cup butter softened

- 0.5 cup pineapple juice
- 6 eggs
- 0.5 cup cream sour
- 0.8 cup strawberry jam
- 1 cup frangelico

## Equipment

- bowl
- oven
- whisk
- baking pan
- glass baking pan

## Directions

- Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In medium bowl, stir all filling ingredients until well blended; set aside.
- In medium bowl, stir all batter ingredients with wire whisk or fork until well blended.
- Pour batter into baking dish.
- Pour filling evenly over batter. Cover; refrigerate at least 8 hours or overnight.
- Heat oven to 325°F. Uncover baking dish; bake 55 to 60 minutes or until golden brown and center is set.
- Let stand 10 minutes before serving. Top servings with sour cream and strawberry preserves.

## Nutrition Facts



**PROTEIN 11.18%** **FAT 54.2%** **CARBS 34.62%**

## Properties

Glycemic Index:22.35, Glycemic Load:16, Inflammation Score:-5, Nutrition Score:6.5386956230454%

## Nutrients (% of daily need)

Calories: 346.44kcal (17.32%), Fat: 20.93g (32.2%), Saturated Fat: 10.19g (63.67%), Carbohydrates: 30.07g (10.02%), Net Carbohydrates: 29.82g (10.84%), Sugar: 23.41g (26.01%), Cholesterol: 155.87mg (51.96%), Sodium: 219.75mg (9.55%), Alcohol: 0.11g (100%), Alcohol %: 0.09% (100%), Protein: 9.72g (19.43%), Selenium: 15.7µg (22.43%), Vitamin A: 844.41IU (16.89%), Vitamin B2: 0.27mg (16.1%), Calcium: 148.59mg (14.86%), Phosphorus: 141.85mg (14.19%), Vitamin B12: 0.45µg (7.44%), Vitamin B5: 0.64mg (6.36%), Zinc: 0.91mg (6.06%), Folate: 23.92µg (5.98%), Vitamin B6: 0.09mg (4.57%), Iron: 0.81mg (4.49%), Vitamin D: 0.66µg (4.38%), Vitamin E: 0.63mg (4.2%), Potassium: 145.46mg (4.16%), Vitamin C: 3.12mg (3.78%), Manganese: 0.07mg (3.64%), Copper: 0.06mg (3.14%), Magnesium: 12.5mg (3.13%), Vitamin B1: 0.03mg (2.11%), Fiber: 0.25g (1.01%)