



Ratner's Cheese Blintzes



Vegetarian



Popular

READY IN



45 min.

SERVINGS



17

CALORIES



123 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups flour
- ☐ 2 egg yolk
- ☐ 4 eggs room temperature
- ☐ 1 lb fromage frais
- ☐ 0.5 tsp salt
- ☐ 0.3 cup sugar
- ☐ 1 tsp vanilla
- ☐ 2 cups water

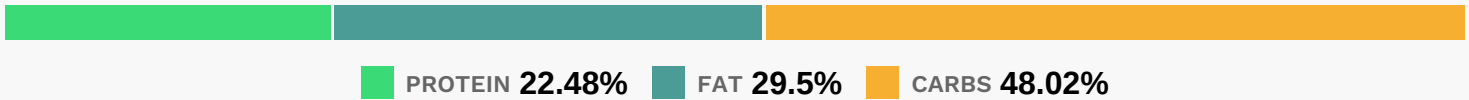
Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ sifter

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Ratner's Cheese Blintzes
- ☐ Ingredients2 cups all purpose flour1/2 tsp salt4 eggs, room temperature2 cups water1 cup clarified butter – recipe on TheShiksa.com1 lb. farmer's cheese2 egg yolks1/4 cup sugar1 tsp vanilla
- ☐ Sour cream, applesauce, or your favorite blintz toppings (optional)You will also need2 mixing bowls, sifter, small nonstick skillet (7 –8 inches), large nonstick skillet (about 12 inches)
- ☐ Servings: 17–18 blintzes
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:8.53, Glycemic Load:10.17, Inflammation Score:-1, Nutrition Score:3.3786956914093%

Nutrients (% of daily need)

Calories: 122.67kcal (6.13%), Fat: 3.91g (6.02%), Saturated Fat: 1.88g (11.77%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 13.94g (5.07%), Sugar: 3.06g (3.4%), Cholesterol: 70.19mg (23.4%), Sodium: 192.58mg (8.37%), Alcohol: 0.09g (100%), Alcohol %: 0.13% (100%), Protein: 6.71g (13.42%), Selenium: 9.37µg (13.38%), Folate: 34.87µg (8.72%), Vitamin B1: 0.12mg (8.22%), Vitamin B2: 0.13mg (7.76%), Manganese: 0.11mg (5.26%), Iron: 0.92mg (5.13%), Phosphorus: 44.65mg (4.47%), Vitamin B3: 0.88mg (4.39%), Vitamin B5: 0.29mg (2.87%), Vitamin B12: 0.13µg (2.22%), Vitamin D: 0.32µg (2.14%), Zinc: 0.29mg (1.92%), Copper: 0.04mg (1.76%), Vitamin A: 86.44IU (1.73%), Fiber: 0.4g (1.59%), Vitamin B6: 0.03mg (1.58%), Magnesium: 4.89mg (1.22%), Calcium: 11.67mg (1.17%), Vitamin E: 0.17mg (1.15%)