

Blueberry Blintzes



A delicious blend of fresh blueberries wrapped in a light crepe



Great as a main dish, side dish, breakfast, or dessert



Prepare in oven or on flat top grill



Kosher certified (U)

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www.oldfashionedkitchen.com

OFK Blueberry Blintz

2.25oz white leaf

Pack size-12/12/2.25 oz. • 1 00 41641-10303 0

Nutrition Facts

6 servings per container

Serving size 2 blintz (124g)

Amount per serving

Calories 200

% Daily Value*

Total Fat 4.5g **6%**

Saturated Fat 0.5g **2%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **7%**

Total Carbohydrate 36g **13%**

Dietary Fiber 1 **5%**

Total Sugars 20g

Includes 17g Added Sugars **34%**

Protein 4g

Vit. D 0mcg 0% • Calcium 10mg 0%

Iron 0.8mg 4% • Potas. 70mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients:

Crepe: Water, Enriched Wheat Flour (Niacin, Iron, Reduced Iron, Potassium Bromate, Thiamine, Mononitrate, Riboflavin, Enzyme, Folic Acid), Dextrose, Canola Oil, Dried Egg Whites, Unbleached Soy Lecithin, Salt.

Filling: Blueberries, Water, Sugar, Modified Corn Starch, Lemon Juice and Salt.

Allergen Information: Contains Wheat, Eggs and Soy

Preparation Directions:

Skillet: Preheat skillet with ample amount of cooking oil or butter to cover surface. Add frozen blintzes. Over medium heat, lightly brown on each side, turning occasionally for about 8 minutes or until warmed through.

Conventional Oven: Preheat oven to 400°F. Place frozen blintzes on a lightly oiled baking sheet. Bake for 10 minutes, then turn over and bake for an additional 3 minutes or until golden and warmed through.