

Lacy Leaf Cheese Blintzes



A delicious blend of cottage cheese and sour cream wrapped in a light crepe



Great as a main dish, side dish, or appetizer



Excellent for buffets



Prepare in oven or on flat top grill



Kosher certified (U)

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www.oldfashionedkitchen.com

OFK Cheese Blintz

2.25oz lacy leaf

Pack size-12/12/2.25 oz. • 1 00 41641-10601 7

Nutrition Facts

6 servings per container

Serving size 2 blintz (124g)

Amount per serving

Calories 190

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 15mg **6%**

Sodium 210mg **9%**

Total Carbohydrate 20g **7%**

Dietary Fiber <1g **1%**

Total Sugars 9g

Includes 8g Added Sugars **17%**

Protein 13g

Vit. D 0mcg 0% • Calcium 20mg 0%

Iron 0.7mg 4% • Potas. 80mg 2%

*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: Cottage Cheese (Cultured Skim Milk), Water, Sugar, Neufchatel Cream Cheese, Sour Cream (Certified Grade A Milk, Cream, Skim Milk, Enzymes, Cultures), Whole Eggs, Salt.

Allergen Information: Contains Wheat, Milk, 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.