

# White 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](http://www.oldfashionedkitchen.com)**

# OFK Cheese Blintz

2.25oz white leaf

Pack size-12/12/2.25 oz. • 1 00 41641-10301 6

## Nutrition Facts

Serving size 2 blintzes (122g)

Amount per serving  
**Calories 170**

**Total Fat** 4g **5%** % DV\*

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 35mg **12%**

**Sodium** 290mg **12%**

**Total Carbohydrate** 26g **9%**

Dietary Fiber <1g **2%**

Total Sugars 8g

Includes 5g Added Sugars **10%**

**Protein** 9g

Vit. D 0mcg 0% • Calcium 70mg 6%

Iron 1mg 6% • Potas. 110mg 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, Wheat Flour, Corn Starch, Egg Whites, Whole Eggs, Canola Oil, Dextrose, Unbleached Soy Lecithin, Modified Corn Starch, Salt.

**Filling:** Cottage Cheese (Cultured Skim Milk, Microbial Enzyme), Water, Sugar, Neufchatel Cream Cheese, Sour Cream (Cultured Skim Milk), Whole Eggs, Salt.

**Allergen Information:** Contains Wheat, Eggs, Milk 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.