




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 *

OFK Blueberry Blintz (2.25oz) White Leaf

Pack Size – 12/12/2.25 oz.

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Nutrition Facts	
Serving size	2 blintzes (122g)
Amount per serving	
Calories	180
	% DV*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 20mg	6%
Sodium 150mg	6%
Total Carbohydrate 36g	13%
Dietary Fiber 1g	5%
Total Sugars 15g	
Includes 12g Added Sugars	24%
Protein 3g	
Vit. D 0.1mcg 0% • Calcium 10mg 0%	
Iron 0.7mg 4% • Potas. 60mg 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

Crepes: Water, Wheat Flour, Corn Starch, Egg Whites, Whole Eggs, Canola Oil, Dextrose, Unbleached Soy Lecithin, Modified Corn Starch, and Salt.

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

Allergen Information: Contains Wheat, Eggs, and Soy

DIRECTIONS

SKILLET: In skillet, heat ample amount of cooking oil or butter to cover surface. Add frozen blintzes. Over medium heat, lightly brown on each side, turning occasionally until warmed through.

OVEN: Preheat oven to 400° F. Place frozen blintzes on lightly oiled baking sheet. Bake for 10 minutes, then turn blintzes over and bake for an additional 3 minutes.