




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* 

OFK Cheese Blintz (2.25oz) White Leaf

Pack Size – 12/12/2.25 oz.

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Nutrition Facts

6 servings per container

Serving size

2 BLINTZES (122g)

	per serving		per container	
Calories	170		1040	
	% DV*		% DV*	
Total Fat	4g	5%	24g	31%
Saturated Fat	0g	0%	1g	5%
Trans Fat	0g		0.5g	
Cholesterol	35mg	12%	220mg	70%
Sodium	290mg	12%	1720mg	70%
Total Carbohydrate	26g	9%	155g	60%
Dietary Fiber	<1g	2%	3g	10%
Total Sugars	8g		47g	
Incl. Added Sugars	5g	10%	30g	60%
Protein	9g		52g	
Vitamin D	0.2mcg	0%	1mcg	6%
Calcium	70mg	6%	400mg	35%
Iron	1mg	6%	6.1mg	35%
Potassium	110mg	2%	660mg	15%

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

Allergen Information: Contains Wheat, Eggs, Milk 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.