

Cantor Laurie's Blintze Souffle

Makes 6 Servings

12 frozen cheese or fruit blintzes (such as Golden or Trader Joe's)

4 eggs, well-beaten

3 tablespoons granulated sugar

1 tablespoon orange juice or orange liquor

2 tablespoons sugar mixed with $\frac{1}{2}$ teaspoon cinnamon

$\frac{1}{2}$ cup butter or margarine

1 $\frac{1}{2}$ cup sour cream

1 teaspoon vanilla

$\frac{1}{2}$ teaspoon salt

1. Preheat oven to 350 degrees.
2. Melt butter or margarine and pour into the bottom of a 9 X 13-inch Pyrex baking dish.
3. Place blintzes on top of melted butter in rows in the baking dish.
4. With a whisk, beat eggs with 3 tablespoons sugar, sour cream, orange juice, vanilla and salt and pour over the blintzes.
5. Sprinkle top with cinnamon sugar mixture.
6. Bake for 45 minutes or until the top is golden brown.



Nutrition Facts

Servings: 6

Amount per serving

Calories	574
% Daily Value*	
Total Fat 40.3g	52%
Saturated Fat 20.3g	102%
Cholesterol 236mg	79%
Sodium 825mg	36%
Total Carbohydrate 42.1g	15%
Dietary Fiber 0g	0%
Total Sugars 10.6g	
Protein 12.3g	
Vitamin D 21mcg	104%
Calcium 312mg	24%
Iron 2mg	14%
Potassium 268mg	6%

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

Recipe analyzed by VeryWellFit.com