



Apple Crepe with Fresh Ricotta, Orange Sauce and Brown Butter

 Vegetarian or type unknown

READY IN

ready or type unknown

95 min.

SERVINGS

servings or type unknown

13

CALORIES

calories or type unknown

302 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 5 tablespoons confectioners' sugar
- ☐ 13 servings confectioners' sugar for garnish
- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 13 servings mint leaves fresh for garnish
- ☐ 1.5 cups ricotta cheese fresh
- ☐ 1 gala apple cored peeled halved thinly sliced

- ☐ 1 apples i use 2 granny smith apples cored peeled halved thinly sliced
- ☐ 2 tablespoons granulated sugar
- ☐ 0.3 teaspoon ground allspice
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground cloves
- ☐ 2 tablespoons brown sugar light
- ☐ 1 cup milk
- ☐ 0.3 cup orange juice
- ☐ 1.5 cups orange juice
- ☐ 2 teaspoons orange zest freshly grated
- ☐ 1 pinch salt
- ☐ 1 stick butter unsalted
- ☐ 4 tablespoons butter unsalted cooled melted plus more for brushing pan
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons vanilla extract

Equipment

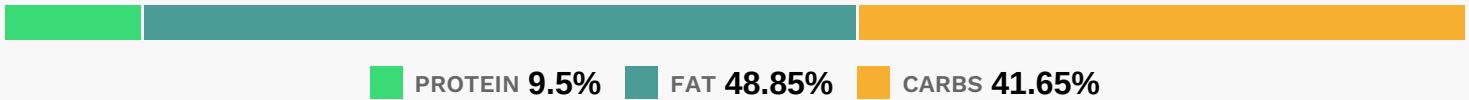
- ☐ frying pan
- ☐ ladle
- ☐ whisk
- ☐ spatula

Directions

- ☐ Whisk together the sugar and eggs until pale, and then whisk in the milk until combined.
- ☐ Mix in the flour and salt until smooth.
- ☐ Whisk in the butter, cover and let stand at room temperature 30 minutes.
- ☐ Whisk together the ricotta, sugar and vanilla. Cover and refrigerate until ready to use.
- ☐ Combine the orange juice, sugar, cinnamon, vanilla, allspice, cloves, apples and salt in a large saute pan over high heat. Cook, stirring occasionally, until the apples are softened and the

- juices have thickened.
- ☐ Remove and let cool slightly.
 - ☐ Place a 6-inch nonstick pan over medium heat and spray with nonstick spray or brush with butter. Once the pan is sizzling, slowly pour in enough batter to thinly cover the entire bottom, using a ladle. Quickly tilt and rotate the pan and cook until the bottom of the crepe is lightly browned, 1 minute to 1 minute 30 seconds. Flip the crepe, using your fingers or a spatula, and cook 30 seconds longer. Slide the crepe onto a wax-paper-lined plate, and then repeat with the rest of the batter.
 - ☐ Heat the orange juice in a small saute pan over medium heat and let reduce to a syrupy consistency. Cook the butter in a medium saute pan over medium heat until it begins to turn a nutty brown color.
 - ☐ Remove from the heat and whisk in the zest and salt. Reserve.
 - ☐ Lay the crepes on a flat surface. Spoon some of the ricotta down the center of each crepe and roll. Plate 2 crepes each on large plates and top with some of the apple mixture, orange sauce and brown butter. Dust with confectioners' sugar and garnish with fresh mint leaves.

Nutrition Facts



Properties

Glycemic Index:30.62, Glycemic Load:9.96, Inflammation Score:-5, Nutrition Score:7.6578260815662%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 4.09mg, Hesperetin: 4.09mg, Hesperetin: 4.09mg, Hesperetin: 4.09mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 302.3kcal (15.12%), Fat: 16.56g (25.47%), Saturated Fat: 9.92g (61.99%), Carbohydrates: 31.76g (10.59%), Net Carbohydrates: 30.55g (11.11%), Sugar: 21.37g (23.75%), Cholesterol: 102.03mg (34.01%), Sodium: 59.54mg (2.59%), Alcohol: 0.32g (100%), Alcohol %: 0.25% (100%), Protein: 7.24g (14.48%), Vitamin C: 18.74mg (22.71%), Selenium: 12.76µg (18.23%), Vitamin A: 692.08IU (13.84%), Vitamin B2: 0.23mg (13.39%), Phosphorus: 118mg (11.8%), Calcium: 107.58mg (10.76%), Folate: 40.79µg (10.2%), Vitamin B1: 0.13mg (8.85%), Manganese: 0.15mg (7.7%), Vitamin B12: 0.36µg (5.96%), Potassium: 201.45mg (5.76%), Iron: 1.02mg (5.68%), Vitamin B5: 0.51mg (5.12%), Vitamin D: 0.77µg (5.11%), Zinc: 0.73mg (4.89%), Fiber: 1.21g (4.86%), Vitamin B6: 0.08mg (4.13%), Vitamin B3: 0.82mg (4.11%), Magnesium: 16.08mg (4.02%), Vitamin E: 0.58mg (3.88%), Copper: 0.06mg (3.12%), Vitamin K: 2.11µg (2.01%)