



Apple Crepes

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



266 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 cup apple juice
- ☐ 0.3 teaspoon cinnamon
- ☐ 4 large eggs lightly beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 1.3 cups milk low-fat
- ☐ 1 pinch salt
- ☐ 0.3 cup sugar
- ☐ 3 baking apples are apples that have a sweet-tart balance and hold their shape when such as granny smith, peeled and cut into 1/2-inch cubes

- ☐ 1 tablespoon butter unsalted
- ☐ 6 servings vanilla yogurt plain

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ whisk
- ☐ blender
- ☐ kitchen towels

Directions

- ☐ Make crepe batter: In a blender, pulse flour, 1 Tbsp. sugar and salt.
- ☐ Add eggs and milk; blend until mixture is thick and no lumps remain.
- ☐ Pour into a bowl and let stand at room temperature for 30 minutes.
- ☐ Make filling: Melt butter in a skillet; add apples. Saut, stirring occasionally, until apples begin to soften, about 3 minutes.
- ☐ Sprinkle with remaining 3 Tbsp. sugar and cinnamon and saut until apples begin to brown, about 5 minutes longer.
- ☐ Pour in juice; cook 2 minutes longer, stirring.
- ☐ Remove from heat.
- ☐ Whisk batter. If necessary, thin with an additional tablespoon of milk (batter should have consistency of thin cream). Mist a 10-inch nonstick skillet with cooking spray and warm over medium heat. When pan is hot, ladle in 1/4 cup of batter. Quickly tilt skillet so batter coats surface in a thin layer. Cook until edges begin to brown, about 2 minutes. Lift edge of crepe and, using your fingers, carefully flip. Cook for 30 seconds; transfer to a plate. Cover with a clean kitchen towel. Repeat with remaining batter, misting skillet with cooking spray between crepes as necessary.
- ☐ Over low heat, rewarm apple mixture. Fold each crepe into quarters. Arrange 2 on each plate and top with a portion of apple mixture and a dollop of yogurt, if desired.

Nutrition Facts



 **PROTEIN 13.19%**  **FAT 20.05%**  **CARBS 66.76%**

Properties

Glycemic Index:37.14, Glycemic Load:23.98, Inflammation Score:-4, Nutrition Score:10.008695612783%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.34mg, Epicatechin: 7.34mg, Epicatechin: 7.34mg, Epicatechin: 7.34mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 265.54kcal (13.28%), Fat: 5.99g (9.22%), Saturated Fat: 2.6g (16.24%), Carbohydrates: 44.9g (14.97%), Net Carbohydrates: 41.94g (15.25%), Sugar: 21.55g (23.94%), Cholesterol: 131.52mg (43.84%), Sodium: 75.82mg (3.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.87g (17.74%), Selenium: 20.23µg (28.9%), Vitamin B2: 0.38mg (22.33%), Vitamin B1: 0.26mg (17.6%), Folate: 67.22µg (16.81%), Phosphorus: 157.46mg (15.75%), Manganese: 0.24mg (12.15%), Fiber: 2.95g (11.81%), Iron: 1.93mg (10.7%), Vitamin B12: 0.61µg (10.1%), Calcium: 94mg (9.4%), Vitamin B5: 0.87mg (8.72%), Vitamin B3: 1.71mg (8.56%), Vitamin D: 1.24µg (8.28%), Vitamin A: 384.6IU (7.69%), Potassium: 263.12mg (7.52%), Vitamin B6: 0.14mg (6.87%), Zinc: 0.88mg (5.83%), Magnesium: 20.95mg (5.24%), Vitamin C: 4.29mg (5.2%), Copper: 0.09mg (4.46%), Vitamin E: 0.6mg (3.98%), Vitamin K: 2.42µg (2.3%)