



Asparagus Chicken Crepes

READY IN



70 min.

SERVINGS



4

CALORIES



509 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup asparagus fresh thawed cut
- 0.5 cup cream of chicken soup undiluted
- 1 cup roasted chicken cooked chopped
- 0.3 cup finely-chopped ham fully cooked chopped
- 2 eggs
- 0.5 cup flour all-purpose
- 1 Dash nutmeg
- 0.5 cup cup heavy whipping cream
- 0.3 cup mayonnaise

- 0.8 cup milk
- 0.5 cup parmesan cheese divided grated
- 0.8 teaspoon sugar
- 1 teaspoon worcestershire sauce

Equipment

- bowl
- frying pan
- oven
- wire rack
- baking pan

Directions

- For crepe batter, beat eggs and milk in a small bowl.
- Combine flour and sugar; add to egg mixture and mix well. Cover and refrigerate for 1 hour.
- Heat a lightly greased 8-in. nonstick skillet; pour 3 tablespoons batter into the center of skillet. Lift and tilt pan to evenly coat bottom. Cook until top appears dry; turn and cook 15–20 seconds longer.
- Remove to a wire rack. Repeat with remaining batter, greasing skillet as needed. When cool, stack crepes with waxed paper between.
- In a small bowl, combine the soup, Worcestershire sauce and nutmeg. Set aside 1/4 cup.
- Add the chicken, asparagus and ham to remaining soup mixture. Spoon 2 tablespoonfuls over each crepe; roll up tightly.
- Place seam side down in a greased 9-in. square baking pan. Spoon reserved soup mixture over crepes.
- Sprinkle with 1/4 cup cheese.
- Cover and bake at 375° for 20–25 minutes. Gradually fold cream into mayonnaise.
- Spread over crepes.
- Sprinkle with remaining cheese. Broil 6 in. from the heat for 3–5 minutes or until bubbly and golden brown.

Nutrition Facts

PROTEIN 17.81% FAT 65.32% CARBS 16.87%

Properties

Glycemic Index:94.52, Glycemic Load:11.23, Inflammation Score:-7, Nutrition Score:17.261304502902%

Flavonoids

Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg, Isorhamnetin: 1.91mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 509.38kcal (25.47%), Fat: 36.9g (56.77%), Saturated Fat: 13.93g (87.09%), Carbohydrates: 21.43g (7.14%), Net Carbohydrates: 20.26g (7.37%), Sugar: 5.08g (5.64%), Cholesterol: 175.31mg (58.44%), Sodium: 770.61mg (33.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.64g (45.28%), Vitamin K: 47.08µg (44.84%), Selenium: 30.48µg (43.54%), Phosphorus: 330.38mg (33.04%), Vitamin B2: 0.48mg (28.31%), Vitamin B3: 4.57mg (22.87%), Calcium: 221.85mg (22.19%), Vitamin A: 1076.88IU (21.54%), Vitamin B1: 0.29mg (19.59%), Iron: 2.88mg (15.98%), Folate: 62.2µg (15.55%), Vitamin B12: 0.92µg (15.26%), Zinc: 2.24mg (14.96%), Vitamin B6: 0.29mg (14.64%), Vitamin B5: 1.3mg (13%), Vitamin E: 1.76mg (11.75%), Manganese: 0.22mg (10.94%), Potassium: 373.31mg (10.67%), Vitamin D: 1.52µg (10.13%), Copper: 0.19mg (9.53%), Magnesium: 34.14mg (8.54%), Vitamin C: 4.48mg (5.43%), Fiber: 1.18g (4.71%)