



 **18%**
HEALTH SCORE

Asparagus Crepes

 Vegetarian

READY IN



35 min.

SERVINGS



2

CALORIES



289 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup milk 2%
- 1 large eggs
- 0.3 cup flour all-purpose
- 24 asparagus cooked drained
- 2 large egg yolk
- 0.3 cup water
- 1 tablespoon butter melted
- 1 tablespoon juice of lemon

- 0.1 teaspoon salt
- 1 Dash ground pepper
- 1 serving paprika

Equipment

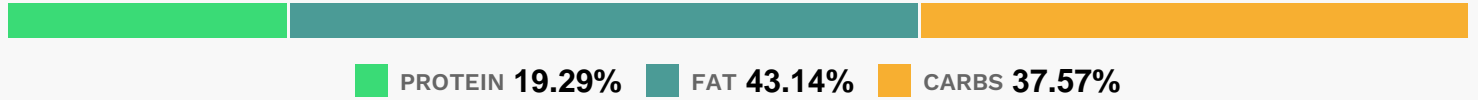
- frying pan
- sauce pan
- oven
- whisk
- wire rack
- blender
- baking pan
- kitchen thermometer

Directions

- For batter, combine milk and egg in a blender; cover and process until blended.
- Add flour; cover and process until blended. Refrigerate, covered, 1 hour.
- Preheat oven to 350°.
- Heat a lightly greased 8-in. skillet over medium heat. Stir batter.
- Pour 1/4 cup batter into center of pan. Quickly lift and tilt pan to coat bottom evenly. Cook until top appears dry; turn crepe over and cook until bottom is cooked, 15–20 seconds longer.
- Remove to a wire rack. Repeat with remaining batter, greasing pan as needed.
- Place 6 asparagus spears on 1 side of each crepe; roll up.
- Place in a greased 11x7-in. baking dish.
- Bake, uncovered, until heated through, 10–15 minutes.
- In a saucepan, whisk egg yolks and water. Cook over low heat, stirring constantly, until mixture is thickened and coats the back of a metal spoon and a thermometer reads at least 160°.
- Whisk in the butter, lemon juice, salt and cayenne.
- Pour over warm crepes; sprinkle with paprika.

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:102, Glycemic Load:12.63, Inflammation Score:-9, Nutrition Score:25.926521923231%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 10.94mg, Isorhamnetin: 10.94mg, Isorhamnetin: 10.94mg, Isorhamnetin: 10.94mg Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg, Kaempferol: 2.67mg Quercetin: 26.87mg, Quercetin: 26.87mg, Quercetin: 26.87mg, Quercetin: 26.87mg

Nutrients (% of daily need)

Calories: 289.04kcal (14.45%), Fat: 14.32g (22.03%), Saturated Fat: 6.88g (43%), Carbohydrates: 28.06g (9.35%), Net Carbohydrates: 23.08g (8.39%), Sugar: 7.14g (7.93%), Cholesterol: 296.37mg (98.79%), Sodium: 268.25mg (11.66%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 14.41g (28.82%), Vitamin K: 81.58µg (77.69%), Vitamin A: 2580.56IU (51.61%), Folate: 179.74µg (44.93%), Selenium: 30.29µg (43.28%), Vitamin B2: 0.7mg (41.36%), Iron: 6.21mg (34.52%), Vitamin B1: 0.51mg (33.78%), Phosphorus: 297.99mg (29.8%), Manganese: 0.49mg (24.41%), Vitamin E: 3.38mg (22.54%), Copper: 0.44mg (22.04%), Fiber: 4.98g (19.92%), Vitamin B5: 1.76mg (17.62%), Vitamin C: 13.82mg (16.75%), Vitamin B6: 0.33mg (16.73%), Potassium: 579mg (16.54%), Vitamin B3: 3.3mg (16.5%), Calcium: 161.41mg (16.14%), Zinc: 2.24mg (14.92%), Vitamin B12: 0.88µg (14.64%), Magnesium: 44.55mg (11.14%), Vitamin D: 1.42µg (9.45%)