



Bailey's Irish Cream Crepes With Creme

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



490 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 4 servings banana sliced
- 4 servings brown sugar
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- 70 grams butter (a bit less than 5 tablespoons)
- 4 servings crème fraîche sour (or cream)
- 2 eggs
- 100 milliliters baileys irish cream (a bit less than) (or milk, if you prefer)
- 1 cup milk

- 1 teaspoon salt
- 0.3 cup sugar

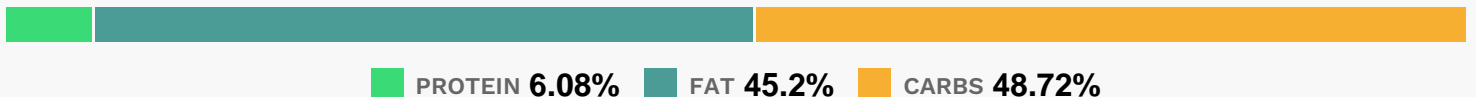
Equipment

- frying pan
- sauce pan
- ladle
- whisk
- spatula
- immersion blender

Directions

- Brown your butter by adding slices of butter to a heavy bottomed saucepan. One melted, whisk it frequently until you see small brown specks begin to form at the bottom of the pan. The butter should have a nutty aroma.
- Remove it from the pan to prevent further cooking.
- Mix the browned butter with the flour, salt, sugar, eggs, milk and Bailey's. Using an immersion blender, blend the mixture until completely smooth.
- Let the mixture rest for 1/2 hour. Butter a non-stick frying pan and heat over medium heat. Using a ladle, spoon in the batter and quickly pick up the pan and swish it around so that the entire pan bottom is covered with a very thin layer of batter. When the underside is golden, use your fingers or a spatula to flip the crepe over to cook the other side.
- Serve with sliced bananas, creme fraiche (or sour cream) and brown sugar. We also had Dulce de Leche on the table!

Nutrition Facts



Properties

Glycemic Index:53.22, Glycemic Load:23.76, Inflammation Score:-6, Nutrition Score:10.695652173913%

Flavonoids

Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Taste

Sweetness: 100%, Saltiness: 21.29%, Sourness: 20.83%, Bitterness: 16.95%, Savoriness: 19.21%, Fattiness: 72.48%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 489.51kcal (24.48%), Fat: 24.26g (37.33%), Saturated Fat: 14.17g (88.54%), Carbohydrates: 58.83g (19.61%), Net Carbohydrates: 55.56g (20.2%), Sugar: 44.03g (48.92%), Cholesterol: 133.88mg (44.62%), Sodium: 755.68mg (32.86%), Alcohol: 3.37g (18.7%), Protein: 7.35g (14.69%), Vitamin B6: 0.55mg (27.29%), Vitamin B2: 0.31mg (17.95%), Manganese: 0.36mg (17.86%), Potassium: 603.15mg (17.23%), Vitamin A: 810.35IU (16.21%), Phosphorus: 146.53mg (14.65%), Selenium: 9.96µg (14.24%), Vitamin C: 11.07mg (13.42%), Fiber: 3.28g (13.1%), Calcium: 117.1mg (11.71%), Magnesium: 46.27mg (11.57%), Vitamin B5: 1.06mg (10.56%), Vitamin B12: 0.58µg (9.67%), Folate: 36.87µg (9.22%), Vitamin D: 1.11µg (7.41%), Copper: 0.12mg (6.1%), Vitamin B1: 0.09mg (5.69%), Vitamin E: 0.84mg (5.59%), Zinc: 0.78mg (5.22%), Vitamin B3: 0.95mg (4.73%), Iron: 0.79mg (4.4%), Vitamin K: 2.28µg (2.18%)