



Baked Cheese Crepes

 Gluten Free

READY IN



50 min.

SERVINGS



10

CALORIES



207 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 6 large eggs
- ☐ 8 ounces fontina cut into 1/2-inch cubes
- ☐ 0.3 cup basil leaves fresh thinly sliced
- ☐ 0.3 cup parmesan freshly grated
- ☐ 0.5 teaspoon salt
- ☐ 4 tablespoons butter unsalted ()
- ☐ 8 ounces water-packed mozzarella fresh drained cut into 1/2-inch cubes

☐ 0.3 cup milk whole

Equipment

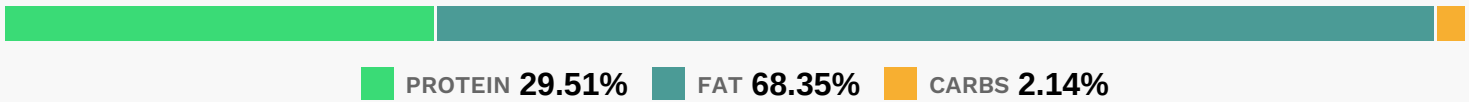
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ pot
- ☐ baking pan

Directions

- ☐ Whisk the eggs, milk, salt, and pepper in a medium bowl.
- ☐ Heat a 6-inch nonstick skillet over medium-low heat.
- ☐ Brush the skillet with some butter. Working quickly, pour 3 tablespoons of the egg mixture into the pan, swirling to coat the bottom of the pan evenly. Cover and cook until the egg crepe is just set, about 1 minute. Invert the skillet over a plate, and allow the egg crepe to drop onto the plate. Repeat to make 10 crepes total, brushing the skillet with melted butter as needed and stacking crepes on the plate.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Butter a 13 by 9 by 2-inch baking dish. Arrange 1 egg crepe on a work surface.
- ☐ Place some of the fontina and mozzarella cheese in the center of the egg crepe, then sprinkle with some basil.
- ☐ Roll up the crepe.
- ☐ Place the filled crepe in the prepared baking dish, seam side down. Repeat with the remaining egg crepes, cheese, and basil. Spoon the marinara sauce over the crepes.
- ☐ Sprinkle with the Parmesan and dot with 2 tablespoons of butter.
- ☐ Bake until the cheese melts and the top is golden, about 15 minutes.
- ☐ 1/2 cup extra-virgin olive oil
- ☐ small onions, finely chopped
- ☐ garlic cloves, finely chopped

- ☐ stalks celery, finely chopped
- ☐ carrots, peeled and finely chopped
- ☐ 1/2 teaspoon sea salt, plus more to taste
- ☐ 1/2 teaspoon freshly ground black pepper, plus more to taste
- ☐ (32 ounce) cans crushed tomatoes
- ☐ dried bay leaves
- ☐ In a large casserole pot, heat the oil over a medium-high flame.
- ☐ Add the onions and garlic and saute until the onions are translucent, about 10 minutes.
- ☐ Add the celery, carrots, and 1/2 teaspoon of each salt and pepper.
- ☐ Saute until all the vegetables are soft, about 10 minutes.
- ☐ Add the tomatoes and bay leaves, and simmer uncovered over low heat until the sauce thickens, about 1 hour.
- ☐ Remove and discard the bay leaf. Season the sauce with more salt and pepper, to taste. (The sauce can be made 1 day ahead. Cool, then cover and refrigerate. Rewarm over medium heat before using.)

Nutrition Facts



Properties

Glycemic Index:19.4, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:8.6752173783986%

Nutrients (% of daily need)

Calories: 206.63kcal (10.33%), Fat: 15.57g (23.96%), Saturated Fat: 8.78g (54.9%), Carbohydrates: 1.1g (0.37%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.88g (0.98%), Cholesterol: 160.79mg (53.6%), Sodium: 433.77mg (18.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.13g (30.25%), Selenium: 28.65µg (40.93%), Vitamin B12: 1.31µg (21.91%), Phosphorus: 196.27mg (19.63%), Calcium: 187.92mg (18.79%), Vitamin B2: 0.22mg (13.17%), Vitamin A: 586.56IU (11.73%), Vitamin B3: 2.33mg (11.65%), Zinc: 1.44mg (9.62%), Vitamin D: 1.19µg (7.96%), Vitamin B6: 0.15mg (7.54%), Vitamin B5: 0.64mg (6.41%), Iron: 1mg (5.57%), Folate: 17.13µg (4.28%), Vitamin E: 0.6mg (3.97%), Magnesium: 14.65mg (3.66%), Vitamin K: 3.76µg (3.58%), Potassium: 114.13mg (3.26%), Copper: 0.04mg (2.15%), Vitamin B1: 0.03mg (1.98%), Manganese: 0.03mg (1.52%)