



Baked Crepes with Mushrooms, Spinach and Gruyère

READY IN



50 min.

SERVINGS



20

CALORIES



47 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 premade crepes
- ☐ 2 tablespoons cooking sherry dry
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 teaspoon thyme leaves fresh finely chopped
- ☐ 2 large cloves garlic minced
- ☐ 1.5 oz gruyere cheese shredded
- ☐ 1 cup milk
- ☐ 1 pinch nutmeg

- ☐ 20 servings salt and pepper
- ☐ 10 oz pkt spinach frozen dry thawed chopped
- ☐ 2 tablespoons butter unsalted
- ☐ 10 ounce mushrooms white trimmed sliced

Equipment

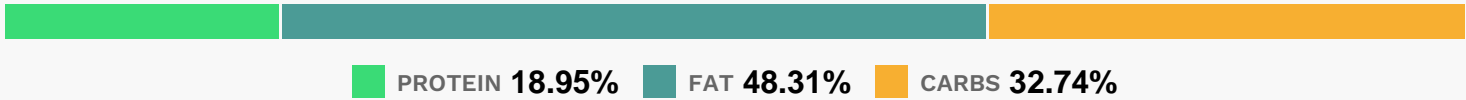
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 450F. Melt 1 Tbsp. butter in a large nonstick skillet over medium-high heat.
- ☐ Add mushrooms and cook, stirring often, until golden, about 8 minutes.
- ☐ Add garlic and thyme; saut 1 minute longer. Season with salt and pepper.
- ☐ Add sherry; cook until almost evaporated, about 30 seconds. Stir in spinach.
- ☐ Remove from heat.
- ☐ Melt remaining 1 Tbsp. butter in a small heavy saucepan over medium heat.
- ☐ Whisk in flour to form a paste and continue to cook, whisking, for 1 minute. Gradually add milk, whisking constantly, and bring to a simmer. Cook until sauce has slightly thickened, about 7 minutes.
- ☐ Remove from heat; season with salt, pepper and nutmeg.
- ☐ Whisk in half of Gruyre.
- ☐ Stir 1/2 cup of sauce into mushroom mixture.
- ☐ Place 1 crepe on a work surface; arrange 1/4 of filling (a scant 1/3 cup) over half of crepe. Fold unfilled side over filled side; fold in half again (it will look like a triangle). Repeat with remaining crepes and filling.
- ☐ Coat a shallow 7-by-11-inch baking dish with cooking spray. Arrange crepes in baking dish, overlapping slightly. Cover crepes with remaining sauce.

- ☐
- Sprinkle with remaining Gruyere.
- ☐
- Bake on top rack until bubbling and golden, about 12 minutes.
- ☐
- Let stand for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:0.57, Inflammation Score:-8, Nutrition Score:6.7317391219346%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 46.97kcal (2.35%), Fat: 2.57g (3.95%), Saturated Fat: 1.47g (9.22%), Carbohydrates: 3.91g (1.3%), Net Carbohydrates: 3.32g (1.21%), Sugar: 1.8g (2%), Cholesterol: 8.01mg (2.67%), Sodium: 240.9mg (10.47%), Alcohol: 0.15g (100%), Alcohol %: 0.39% (100%), Protein: 2.26g (4.53%), Vitamin K: 52.93µg (50.41%), Vitamin A: 1741.87IU (34.84%), Vitamin B2: 0.11mg (6.76%), Manganese: 0.12mg (6.02%), Folate: 24.01µg (6%), Calcium: 58.87mg (5.89%), Phosphorus: 46mg (4.6%), Selenium: 2.9µg (4.14%), Magnesium: 14.73mg (3.68%), Copper: 0.07mg (3.46%), Potassium: 117.97mg (3.37%), Vitamin B3: 0.63mg (3.14%), Vitamin E: 0.46mg (3.05%), Vitamin B5: 0.29mg (2.89%), Vitamin B6: 0.05mg (2.67%), Vitamin B1: 0.04mg (2.45%), Iron: 0.43mg (2.37%), Fiber: 0.59g (2.37%), Zinc: 0.3mg (1.99%), Vitamin B12: 0.11µg (1.8%), Vitamin C: 1.33mg (1.62%), Vitamin D: 0.2µg (1.31%)