



Bảnh Xèo (Savoury Vietnamese Crepes Stuffed with Shrimp and Mushrooms)



Gluten Free



Dairy Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



483 kcal

SIDE DISH

Ingredients

- ☐ 2 cups bean sprouts
- ☐ 1 cup coconut milk
- ☐ 1 large clove garlic chopped
- ☐ 6 green onions sliced
- ☐ 4 servings herbs such as cilantro fresh
- ☐ 1 head lettuce separated
- ☐ 4 servings oil

- ☐ 1 cup rice flour
- ☐ 0.5 teaspoon salt
- ☐ 4 ounces mushroom caps sliced
- ☐ 0.5 pound shrimp deveined peeled
- ☐ 0.5 teaspoon sugar
- ☐ 0.3 teaspoon turmeric
- ☐ 0.3 cup water

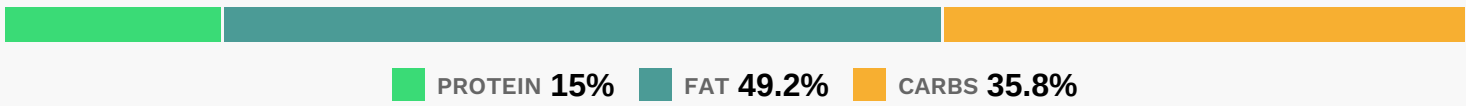
Equipment

- ☐ frying pan

Directions

- ☐ Mix the flour, turmeric, salt, sugar, coconut milk and water until smooth and let rest for 30 minutes.
- ☐ Heat 1 tablespoon oil over medium heat.
- ☐ Add the shrimp, mushrooms, garlic and the whites of the green onions and saute until the shrimp is almost cooked, about 2–3 minutes and set aside.
- ☐ Heat 2 teaspoons oil in the pan over medium–high heat.
- ☐ Pour 1/2 cup of the batter in, swirl it around and sprinkle on 1/2 cup of the bean sprouts over half of the crepe followed by 1/4 of the shrimp and mushrooms and 1/4 of the greens of the green onions.
- ☐ Drizzle 2 teaspoons of oil around the edges of the crepe.Reduce the heat to medium, cover and cook until the edges begin to brown, about 3–5 minutes.Uncover and cook until the bottom is golden brown, about 3–5 minutes.

Nutrition Facts



Properties

Glycemic Index:109.02, Glycemic Load:24.54, Inflammation Score:-9, Nutrition Score:21.78217393419%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 483.47kcal (24.17%), Fat: 27.39g (42.15%), Saturated Fat: 11.99g (74.93%), Carbohydrates: 44.86g (14.95%), Net Carbohydrates: 40.09g (14.58%), Sugar: 6.46g (7.18%), Cholesterol: 91.29mg (30.43%), Sodium: 388.53mg (16.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.8g (37.59%), Vitamin K: 105.21µg (100.2%), Manganese: 1.34mg (66.94%), Phosphorus: 310.82mg (31.08%), Copper: 0.59mg (29.36%), Folate: 96.94µg (24.24%), Magnesium: 91.32mg (22.83%), Iron: 3.84mg (21.32%), Potassium: 719.86mg (20.57%), Vitamin B6: 0.4mg (20.06%), Vitamin A: 972.39IU (19.45%), Vitamin E: 2.91mg (19.39%), Fiber: 4.76g (19.06%), Vitamin C: 15.21mg (18.44%), Vitamin B3: 3.17mg (15.87%), Zinc: 2.21mg (14.71%), Vitamin B1: 0.18mg (12.21%), Selenium: 8.33µg (11.9%), Vitamin B5: 1.18mg (11.82%), Vitamin B2: 0.19mg (10.9%), Calcium: 100.75mg (10.08%)