



Basic Buckwheat Crêpes

 Vegetarian

READY IN



30 min.

SERVINGS



3

CALORIES



288 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup buckwheat flour all-purpose
- ☐ 2 tablespoons butter melted
- ☐ 3 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1 cup milk whole

Equipment

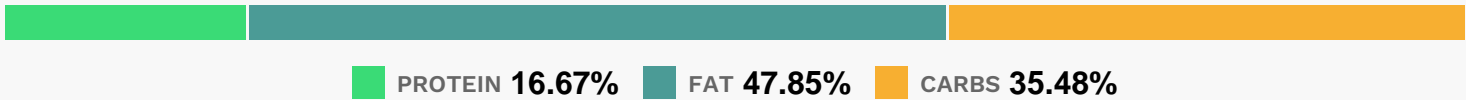
- ☐ food processor
- ☐ frying pan

- ☐ paper towels
- ☐ blender
- ☐ spatula

Directions

- ☐ In a blender or food processor, whirl eggs, all-purpose and buckwheat flours, and milk until smooth, scraping down sides of container as necessary. The buckwheat flour may settle as batter stands; stir before cooking if necessary.
- ☐ Set a nonstick frying pan 8 inches across bottom over medium-high heat; when hot, brush bottom with butter, then wipe out excess with a paper towel.
- ☐ Lift pan from heat and pour in 1/4 cup batter; immediately tilt pan and swirl batter to coat bottom. Crpe should set at once and form tiny bubbles. Set pan back over heat and cook crpe until lightly browned at the edge and dry-looking on the surface, 1 to 3 minutes.
- ☐ Run a wide spatula under crpe edge to loosen. Turn crpe over and fill immediately.

Nutrition Facts



Properties

Glycemic Index:79.33, Glycemic Load:16.78, Inflammation Score:-5, Nutrition Score:11.404347849929%

Nutrients (% of daily need)

Calories: 288.33kcal (14.42%), Fat: 15.2g (23.38%), Saturated Fat: 7.92g (49.49%), Carbohydrates: 25.36g (8.45%), Net Carbohydrates: 24.61g (8.95%), Sugar: 4.18g (4.64%), Cholesterol: 215.83mg (71.94%), Sodium: 162.48mg (7.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.92g (23.83%), Selenium: 26.41µg (37.72%), Vitamin B2: 0.48mg (28.3%), Phosphorus: 213.39mg (21.34%), Vitamin B1: 0.28mg (18.94%), Folate: 74.61µg (18.65%), Vitamin B12: 0.9µg (15%), Calcium: 134.45mg (13.44%), Vitamin A: 635IU (12.7%), Vitamin D: 1.89µg (12.63%), Iron: 2.17mg (12.03%), Vitamin B5: 1.2mg (12.02%), Manganese: 0.21mg (10.33%), Vitamin B3: 1.77mg (8.83%), Zinc: 1.18mg (7.88%), Vitamin B6: 0.15mg (7.36%), Potassium: 222.96mg (6.37%), Magnesium: 22.06mg (5.51%), Vitamin E: 0.8mg (5.33%), Copper: 0.08mg (3.84%), Fiber: 0.75g (3%), Vitamin K: 1.13µg (1.08%)