



## Blender Crepes

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



57 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 1 large eggs
- ☐ 0.8 cup milk fat-free
- ☐ 0.7 cup flour all-purpose
- ☐ 1 teaspoon granulated sugar

## Equipment

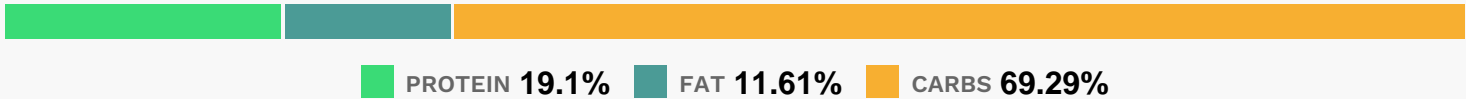
- ☐ bowl
- ☐ frying pan
- ☐ paper towels

- ☐ knife
- ☐ blender
- ☐ wax paper
- ☐ spatula
- ☐ measuring cup

## Directions

- ☐ Lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour, milk, sugar, and egg in a blender; cover and process until smooth.
- ☐ Pour batter into bowl; cover and chill 30 minutes.
- ☐ Place an 8-inch crepe pan or nonstick skillet coated with cooking spray over medium heat until hot.
- ☐ Remove pan from heat.
- ☐ Pour a scant 1/4 cup batter into pan; quickly tilt pan in all directions so batter covers pan with a thin film. Cook about 1 minute.
- ☐ Carefully lift edge of crepe with a spatula to test for doneness. The crepe is ready to turn when it can be shaken loose from the pan and the underside is lightly browned. Turn crepe over; cook 10 seconds on other side.
- ☐ Place crepe on towel; cool. Repeat procedure until all batter is used, stirring batter between crepes. Stack crepes between layers of wax paper or paper towels to prevent sticking.
- ☐ Note: Coat pan with cooking spray only as needed while cooking the crepes. To make ahead, layer crepes between sheets of wax paper, and store in a zip-top bag in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:22.29, Glycemic Load:6.47, Inflammation Score:-1, Nutrition Score:2.782608706828%

## Nutrients (% of daily need)

Calories: 56.59kcal (2.83%), Fat: 0.72g (1.1%), Saturated Fat: 0.22g (1.39%), Carbohydrates: 9.62g (3.21%), Net Carbohydrates: 9.33g (3.39%), Sugar: 1.71g (1.9%), Cholesterol: 23.94mg (7.98%), Sodium: 18.51mg (0.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.65g (5.3%), Selenium: 5.91µg (8.45%), Vitamin B2: 0.11mg (6.48%), Vitamin B1: 0.1mg (6.48%), Folate: 22.46µg (5.61%), Phosphorus: 48.2mg (4.82%), Manganese: 0.07mg (3.68%), Calcium: 35.39mg (3.54%), Iron: 0.59mg (3.29%), Vitamin B3: 0.65mg (3.23%), Vitamin B12: 0.19µg (3.15%), Vitamin D: 0.38µg (2.52%), Vitamin B5: 0.22mg (2.23%), Zinc: 0.26mg (1.71%), Potassium: 58.14mg (1.66%), Vitamin A: 80.61IU (1.61%), Magnesium: 5.8mg (1.45%), Vitamin B6: 0.03mg (1.43%), Fiber: 0.28g (1.13%)