



 **100%**
HEALTH SCORE

Buckwheat Crêpes with Corn, Tomatoes and Goat Cheese

 Vegetarian  Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



1863 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 cup buckwheat flour
- 1 pint cherry tomatoes halved
- 3 tablespoons chives snipped
- 1.5 cups corn kernels (cut from 2 large ears of corn)
- 2 large eggs (large)
- 0.5 cup flour all-purpose
- 0.5 teaspoon garlic minced

- 3 ounces goat cheese crumbled
- 1 large leek halved lengthwise thinly sliced (large)
- 1.5 tablespoons olive oil extra-virgin
- 3 tablespoons parsley chopped
- 1 serving pepper freshly ground
- 1 serving salt
- 1 tablespoon sugar
- 1 teaspoon paprika smoked sweet
- 2 tablespoons butter unsalted melted
- 2 cups milk whole

Equipment

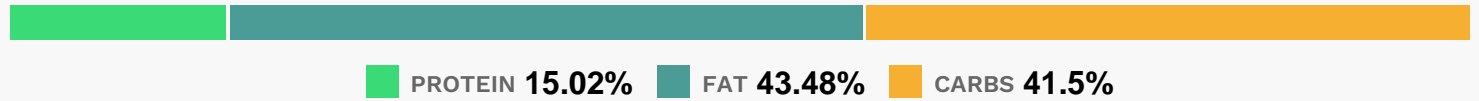
- frying pan
- baking sheet
- oven
- whisk
- blender
- wax paper

Directions

- Preheat the oven to 32
- In a blender, blend the milk, eggs and 1 tablespoon of the melted butter.
- Add both flours, the sugar and 1/4 teaspoon of salt; blend until smooth.
- Let the batter stand while you prepare the filling.
- On a baking sheet, toss the tomatoes with the garlic, paprika and 1 tablespoon of the oil. Season with salt and pepper and roast for 25 minutes, until the tomatoes are slightly dried.
- In a skillet, cook the leek over moderate heat in the remaining 1/2 tablespoon of oil, 4 minutes.
- Add the corn and cook for 1 minute.
- Add the tomatoes and parsley and cook for 1 minute. Season with salt and pepper.

- Line a plate with wax paper.
- Heat a 10-inch nonstick skillet and lightly brush it with some of the remaining 1 tablespoon of butter. If the crpe batter is too thick, whisk in enough water so it is pourable. For each crpe, add 1/4 cup of the batter to the skillet and swirl to coat the pan. Cook over moderate heat until the surface is dry and the underside is golden, about 2 minutes. Flip the crpe and cook for 1 minute longer.
- Transfer the crpe to the prepared plate. Repeat with the remaining batter, brushing the pan with butter as needed. You should have 12 to 14 crpes.
- Spoon the filling down the center of each of 12 crpes.
- Sprinkle the goat cheese on top and roll each crpe into a cylinder.
- Transfer to plates, garnish with the chives and serve.

Nutrition Facts



Properties

Glycemic Index:369.09, Glycemic Load:55.47, Inflammation Score:-10, Nutrition Score:83.471304188604%

Flavonoids

Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg Apigenin: 25.87mg, Apigenin: 25.87mg, Apigenin: 25.87mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg, Kaempferol: 3.51mg Myricetin: 2.05mg, Myricetin: 2.05mg, Myricetin: 2.05mg, Myricetin: 2.05mg Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg, Quercetin: 5.96mg

Nutrients (% of daily need)

Calories: 1863.09kcal (93.15%), Fat: 93.43g (143.74%), Saturated Fat: 43.27g (270.47%), Carbohydrates: 200.6g (66.87%), Net Carbohydrates: 182.27g (66.28%), Sugar: 67.68g (75.2%), Cholesterol: 529.88mg (176.63%), Sodium: 956.78mg (41.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 72.61g (145.21%), Vitamin K: 295.78µg (281.7%), Vitamin A: 9501.43IU (190.03%), Vitamin C: 155.03mg (187.91%), Manganese: 3.18mg (159.04%), Phosphorus: 1563.15mg (156.32%), Vitamin B2: 2.19mg (128.66%), Vitamin B1: 1.7mg (113.53%), Folate: 443.38µg (110.84%), Selenium: 72.31µg (103.3%), Magnesium: 410.95mg (102.74%), Vitamin B6: 1.93mg (96.31%), Calcium: 957.94mg (95.79%), Potassium: 3237.44mg (92.5%), Iron: 16.4mg (91.09%), Copper: 1.74mg (86.76%), Vitamin B3: 15.5mg (77.48%), Fiber: 18.33g (73.31%), Vitamin B5: 6.93mg (69.32%), Vitamin E: 9.66mg (64.43%), Vitamin B12:

3.73µg (62.24%), Zinc: 8.46mg (56.42%), Vitamin D: 8.13µg (54.19%)