



## Butter-Sugar Crepes

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



431 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 6 tablespoons sugar divided
- ☐ 7 tablespoons butter unsalted cooled divided melted
- ☐ 1 cup milk whole

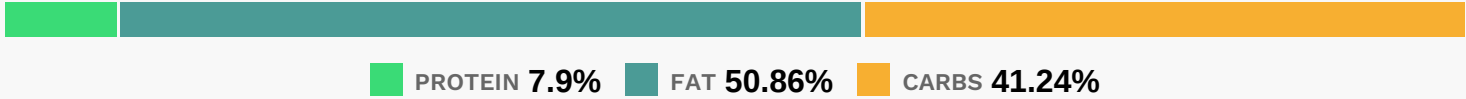
## Equipment

- ☐ frying pan
- ☐ blender

# Directions

- ☐ Reserve 1 tablespoon melted butter for brushing skillet.
- ☐ Blend milk, flour, eggs, 2 tablespoons sugar, 2 tablespoons butter, and 1/4 teaspoon salt in a blender until smooth, then chill, covered, 30 minutes.
- ☐ Lightly brush a 10-inch nonstick skillet with some of reserved butter and heat over medium heat until hot.
- ☐ Pour in 1/4 cup batter, immediately tilting and rotating skillet to coat bottom, and cook crêpe, turning once, until just set and golden, about 1 minute total.
- ☐ Transfer to a plate. Make 7 more crêpes, stacking them.
- ☐ Brush each crêpe with 1 teaspoon butter and sprinkle with 1 teaspoon sugar, then fold twice to form a triangle.
- ☐ Heat 2 teaspoons each of butter and sugar with a pinch of salt in skillet until sugar has dissolved, then cook 4 crêpes, turning once, until golden brown. Repeat with remaining butter, sugar, and crêpes.

## Nutrition Facts



## Properties

Glycemic Index:45.77, Glycemic Load:30.9, Inflammation Score:-6, Nutrition Score:9.6426086944083%

## Nutrients (% of daily need)

Calories: 431.07kcal (21.55%), Fat: 24.57g (37.79%), Saturated Fat: 14.55g (90.94%), Carbohydrates: 44.82g (14.94%), Net Carbohydrates: 43.97g (15.99%), Sugar: 21.09g (23.43%), Cholesterol: 152.99mg (51%), Sodium: 62.18mg (2.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.59g (17.17%), Selenium: 19.78µg (28.26%), Vitamin B2: 0.36mg (21.44%), Vitamin B1: 0.29mg (19.38%), Folate: 69.67µg (17.42%), Vitamin A: 846.08IU (16.92%), Phosphorus: 150.74mg (15.07%), Manganese: 0.22mg (11.21%), Iron: 1.9mg (10.56%), Vitamin D: 1.54µg (10.26%), Calcium: 99.78mg (9.98%), Vitamin B12: 0.59µg (9.89%), Vitamin B3: 1.94mg (9.69%), Vitamin B5: 0.77mg (7.75%), Vitamin E: 0.88mg (5.87%), Zinc: 0.82mg (5.43%), Potassium: 165.68mg (4.73%), Vitamin B6: 0.09mg (4.71%), Magnesium: 17.68mg (4.42%), Copper: 0.07mg (3.44%), Fiber: 0.84g (3.38%), Vitamin K: 2.07µg (1.97%)