



Cheesy Chorizo Crepes

READY IN



55 min.

SERVINGS



4

CALORIES



734 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 Tbsp butter divided
- 15 oz canned tomatoes diced undrained canned
- 8 oz mexican chorizo cooled cooked drained
- 0.3 cup cilantro leaves chopped
- 1 cup knudsen cream sour
- 3 eggs
- 1.3 cups flour
- 2 cloves garlic finely chopped
- 1 tsp ground cumin

- 1 cup cheddar jack cheese shredded mexican style kraft finely
- 0.7 cup milk
- 2 Tbsp olive oil
- 1 small onion finely chopped
- 2 jalapeño peppers seeded chopped
- 0.5 tsp salt
- 1 tsp thyme leaves dried

Equipment

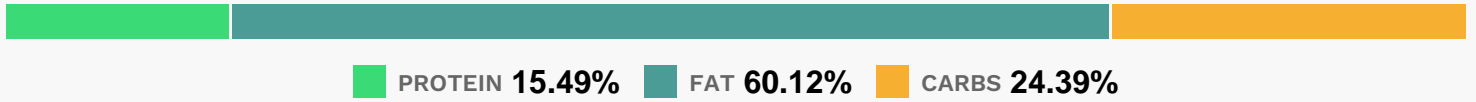
- frying pan
- oven
- whisk
- baking pan
- spatula
- cutting board

Directions

- Mix chorizo and cheese; set aside.
- Mix flour, eggs, milk, 2/3 cup water, cumin and salt with wire whisk until well blended.
- Let stand 30 minutes.
- Cook and stir onion and garlic in hot oil in medium skillet until tender.
- Add tomatoes, peppers and thyme; cook 10 minutes, stirring occasionally.
- Add sour cream; mix well. Keep warm.
- Melt 1 tsp. of butter in medium heavy skillet on medium-high heat.
- Pour about 1/3 cup of the batter into skillet; tilt skillet to evenly coat bottom with batter. Cook 1 minute; turn crepe over with spatula. Cook an additional 1 minute.
- Place crepe on plate; cover to keep warm. Repeat with remaining batter to make 8 crepes, adding remaining butter as necessary to prevent sticking.
- Preheat oven to 350F.

- Pour half of the onion mixture into 13x9-inch baking pan.
- Place crepes on cutting board. Spoon about 1/4 cup of the chorizo mixture onto bottom section of each crepe; roll up.
- Place, seam sides down, in prepared pan. Cover with remaining onion mixture; sprinkle with cilantro.
- Bake 10 minutes.

Nutrition Facts



Properties

Glycemic Index:91.75, Glycemic Load:23.17, Inflammation Score:-9, Nutrition Score:24.847391418789%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.93mg, Luteolin: 2.93mg, Luteolin: 2.93mg, Luteolin: 2.93mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg, Quercetin: 5.95mg

Nutrients (% of daily need)

Calories: 733.73kcal (36.69%), Fat: 49.01g (75.39%), Saturated Fat: 21.01g (131.29%), Carbohydrates: 44.75g (14.92%), Net Carbohydrates: 41.18g (14.98%), Sugar: 8.97g (9.97%), Cholesterol: 232.88mg (77.63%), Sodium: 735.98mg (32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.4g (56.81%), Vitamin C: 60.63mg (73.5%), Selenium: 34.75µg (49.64%), Vitamin B2: 0.71mg (41.65%), Calcium: 385.05mg (38.5%), Phosphorus: 365.19mg (36.52%), Vitamin A: 1604.93IU (32.1%), Vitamin B1: 0.46mg (30.61%), Iron: 5.29mg (29.4%), Folate: 115.07µg (28.77%), Manganese: 0.51mg (25.68%), Vitamin B6: 0.44mg (21.83%), Vitamin E: 2.9mg (19.34%), Vitamin B3: 3.55mg (17.77%), Potassium: 593.87mg (16.97%), Vitamin K: 17.05µg (16.24%), Zinc: 2.4mg (16.02%), Vitamin B12: 0.94µg (15.66%), Fiber: 3.57g (14.27%), Vitamin B5: 1.36mg (13.64%), Magnesium: 53.07mg (13.27%), Copper: 0.23mg (11.6%), Vitamin D: 1.28µg (8.51%)