



Cheesy Vegetable Crepes

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



171 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 3 cups zucchini coarsely chopped
- ☐ 0.5 cup bell pepper green chopped
- ☐ 0.3 cup spring onion sliced
- ☐ 0.3 teaspoon garlic instant minced
- ☐ 1.5 cups tomatoes coarsely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup milk

- ☐ 2 eggs
- ☐ 1 cup parmesan cheese grated
- ☐ 1 cup frangelico

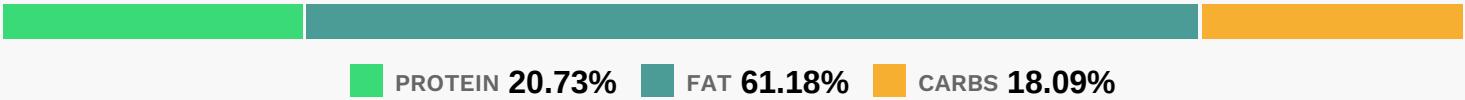
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ spatula
- ☐ glass baking pan

Directions

- ☐ In 10-inch skillet, heat oil over medium heat.
- ☐ Add zucchini, bell pepper, onions and garlic; cook 3 to 5 minutes, stirring occasionally, until vegetables are crisp-tender.
- ☐ Remove from heat; stir in tomatoes.
- ☐ Sprinkle with salt. Cover; let stand 2 to 3 minutes.
- ☐ Lightly grease 6- or 7-inch skillet; heat over medium-high heat. In medium bowl, stir Bisquick mix, milk and eggs with wire whisk or fork until blended.
- ☐ Heat oven to 350°F. For each crepe, pour 2 tablespoons batter into hot skillet; rotate skillet until batter covers bottom. Cook until golden brown. Gently loosen edge with metal spatula; turn and cook other side until golden brown. Stack crepes, placing waxed paper between, as you remove them from skillet. Keep crepes covered to prevent them from drying out.
- ☐ Spoon filling onto crepes.
- ☐ Sprinkle half of cheese over filling on crepes; roll up crepes.
- ☐ Place seam sides down in ungreased 11x7-inch (2-quart) glass baking dish.
- ☐ Sprinkle with remaining cheese.
- ☐ Bake uncovered 10 to 12 minutes or until hot.

Nutrition Facts



Properties

Glycemic Index:27.17, Glycemic Load:1.23, Inflammation Score:-6, Nutrition Score:10.717391356178%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 170.76kcal (8.54%), Fat: 11.87g (18.27%), Saturated Fat: 4.37g (27.33%), Carbohydrates: 7.9g (2.63%), Net Carbohydrates: 6.51g (2.37%), Sugar: 4.46g (4.95%), Cholesterol: 72.72mg (24.24%), Sodium: 525.76mg (22.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.05g (18.1%), Vitamin C: 27.01mg (32.74%), Vitamin K: 23.91µg (22.77%), Calcium: 211.29mg (21.13%), Phosphorus: 202.23mg (20.22%), Vitamin A: 794.56IU (15.89%), Selenium: 11.08µg (15.83%), Vitamin B2: 0.24mg (14.05%), Vitamin B6: 0.22mg (10.99%), Potassium: 380.53mg (10.87%), Manganese: 0.2mg (9.81%), Zinc: 1.33mg (8.88%), Vitamin B12: 0.52µg (8.67%), Folate: 32.27µg (8.07%), Magnesium: 28.62mg (7.16%), Vitamin E: 0.97mg (6.46%), Vitamin B5: 0.57mg (5.69%), Fiber: 1.39g (5.56%), Vitamin B1: 0.08mg (5.25%), Vitamin D: 0.71µg (4.75%), Iron: 0.77mg (4.28%), Copper: 0.08mg (4.23%), Vitamin B3: 0.64mg (3.2%)