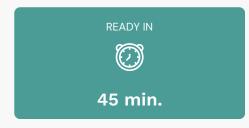


Chestnut Crêpes with Creamy Mushrooms

Gluten Free







MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

0.3 teaspoon pepper black freshly ground
100 g chestnut flour
2 eggs at room temperature
1 tablespoon parsley fresh finely chopped
2 cloves garlic peeled
2 tablespoons crème fraîche sour
225 g mushrooms such as cremini, oyster, and shiitake

1 pinch nutmeg freshly grated

	3 tablespoons olive oil	
	0.5 teaspoon salt	
	4 sprigs thyme leaves	
	250 ml milk whole at room temperature	
Equipment		
	frying pan	
	blender	
	spatula	
Directions		
	Make the crêpes	
	Combine all the ingredients in a blender and mix until a thin batter forms. Chill the batter for at least 1 hour before using. It can be stored in the refrigerator for up to 24 hours.	
	Heat an 8-inch nonstick sauté pan over medium heat.	
	Brush the bottom and sides of the pan with some of the melted butter reserved for this purpose.	
	Stir the chilled batter.	
	Add about 2 tablespoons of batter to the pan while swirling it. This ensures a thin layer of the batter all over the pan. You want thin crêpes.	
	Let the crêpe cook for about 30 seconds or until it gets lightly golden. Tuck in the sides with a rubber spatula. Using a spatula or even your hands (careful!), quickly flip the crêpe over and finish cooking. The first crêpe is usually a test one, so don't worry if it sticks.	
	Transfer it to a plate and repeat with the rest of the batter. Stack all the crêpes. They should not stick together.	
	At this point, you can fill them with anything or freeze them, stacked and tightly wrapped, for up to 1 month.	
	Prepare the mushroom filling	
	In a medium sauté pan, heat the olive oil over medium heat.	
	Add the cloves of garlic and gently let the garlic infuse the oil for 1 to 2 minutes; then remove it. Do not burn the garlic.	

Ш	caramelized. Season with the salt and pepper.
	Remove from the heat and add the crème fraîche.
	Add about 2 tablespoons of filling and a sprinkle of parsley to each crêpe and roll them up.
	Serve immediately.
	From Small Plates & Sweet Treats: My Family's Journey to Gluten-Free Cooking by Aran
	Goyoaga. Text and photographs copyright © 2012 by Aran Goyoaga. Published by Little,
	Brown and Company.

Nutrition Facts

PROTEIN 11.84% 📕 FAT 52.73% 📙 CARBS 35.43%

Properties

Glycemic Index:69.75, Glycemic Load:1.81, Inflammation Score:-8, Nutrition Score:11.079130421514%

Flavonoids

Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 285.19kcal (14.26%), Fat: 17.05g (26.24%), Saturated Fat: 4.22g (26.37%), Carbohydrates: 25.79g (8.6%), Net Carbohydrates: 22.64g (8.23%), Sugar: 9.8g (10.88%), Cholesterol: 93.36mg (31.12%), Sodium: 358.52mg (15.59%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 8.62g (17.23%), Vitamin B2: 0.43mg (25.49%), Vitamin K: 23.3µg (22.19%), Selenium: 13.66µg (19.51%), Vitamin C: 13.84mg (16.78%), Phosphorus: 166.26mg (16.63%), Vitamin B5: 1.46mg (14.59%), Fiber: 3.15g (12.6%), Vitamin E: 1.81mg (12.09%), Calcium: 117.54mg (11.75%), Vitamin B3: 2.17mg (10.83%), Copper: 0.21mg (10.62%), Iron: 1.76mg (9.76%), Vitamin B12: 0.58µg (9.65%), Potassium: 333.77mg (9.54%), Vitamin D: 1.26µg (8.41%), Vitamin A: 407.68IU (8.15%), Vitamin B6: 0.16mg (8.07%), Vitamin B1: 0.1mg (6.47%), Zinc: 0.91mg (6.09%), Folate: 22.49µg (5.62%), Manganese: 0.1mg (5.18%), Magnesium: 19.19mg (4.8%)