



Chestnut Crêpes with Creamy Mushrooms

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



285 kcal

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

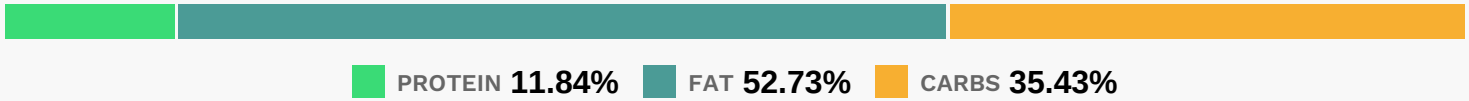
- ☐ frying pan
- ☐ blender
- ☐ spatula

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.

- ☐
- Add the mushrooms and thyme. Cook for another couple of minutes, until soft and slightly 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



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 Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.03mg, Quercetin: 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: 0g (100%), Alcohol %: 0% (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%)