



Chicken and Asparagus Crepes

READY IN



35 min.

SERVINGS



4

CALORIES



777 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 pound asparagus trimmed cut into pieces
- 72 inches crêpes store-bought
- 0.3 cup herbs fresh chopped (such as parsley, dill, chives or mint)
- 4 servings kosher salt and pepper freshly ground
- 1 teaspoon lemon zest finely grated
- 0.8 cup chicken broth low-sodium
- 0.8 cup parmesan cheese grated plus more for serving
- 1.5 cups ricotta cheese
- 2.5 cups rotisserie chicken cut shredded

- 1 shallots sliced
- 3 tablespoons butter unsalted plus more for the dish

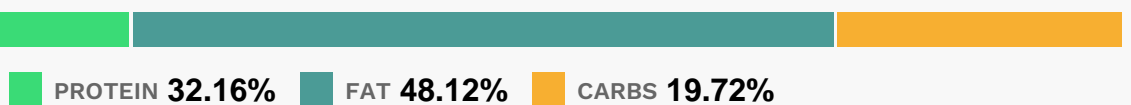
Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil

Directions

- Preheat the oven to 425 degrees F. Butter a large baking dish.
- Combine the chicken, ricotta, 1/2 cup parmesan, 3 tablespoons herbs, 3/4 teaspoon salt and 1/2 teaspoon pepper in a medium bowl. Spoon about 1/4 cup filling across the lower half of each crepe; roll up to enclose the filling.
- Place the crepes, seam-side down, in the baking dish. Cover with foil and bake until the filling is hot, about 15 minutes.
- Meanwhile, melt 3 tablespoons butter in a skillet over medium-high heat.
- Add the shallot and cook until it softens, about 1 minute.
- Add the asparagus and cook until just tender, about 3 minutes.
- Add the chicken broth, lemon zest and the remaining 1 tablespoon herbs and simmer until the sauce is slightly thickened, about 2 minutes. Stir in the remaining 1/4 cup parmesan and season with salt and pepper.
- Divide the crepes among plates, top with the asparagus and sauce, and sprinkle with parmesan.

Nutrition Facts



Properties

Glycemic Index:30.25, Glycemic Load:1.38, Inflammation Score:-7, Nutrition Score:16.413043302038%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg

Nutrients (% of daily need)

Calories: 776.76kcal (38.84%), Fat: 41.49g (63.83%), Saturated Fat: 20.93g (130.82%), Carbohydrates: 38.27g (12.76%), Net Carbohydrates: 36.7g (13.35%), Sugar: 14.77g (16.41%), Cholesterol: 247.47mg (82.49%), Sodium: 1385.78mg (60.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.38g (124.77%), Vitamin K: 87.21µg (83.06%), Calcium: 416.44mg (41.64%), Phosphorus: 317.08mg (31.71%), Vitamin A: 1583.48IU (31.67%), Selenium: 21.54µg (30.77%), Vitamin B2: 0.35mg (20.48%), Zinc: 2.32mg (15.45%), Iron: 2.64mg (14.67%), Folate: 49.97µg (12.49%), Vitamin C: 9.31mg (11.28%), Vitamin B12: 0.63µg (10.52%), Potassium: 329.75mg (9.42%), Copper: 0.17mg (8.51%), Vitamin E: 1.11mg (7.43%), Magnesium: 28.65mg (7.16%), Vitamin B1: 0.11mg (7.07%), Vitamin B6: 0.14mg (6.87%), Manganese: 0.14mg (6.81%), Vitamin B3: 1.34mg (6.7%), Fiber: 1.57g (6.27%), Vitamin B5: 0.46mg (4.61%), Vitamin D: 0.44µg (2.91%)