



Chicken and Asparagus Crepes

READY IN



30 min.

SERVINGS



4

CALORIES



445 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 8 asparagus spears steamed
- ☐ 1 tablespoons butter melted
- ☐ 2 tablespoons butter
- ☐ 1 cup meat from a rotisserie chicken cooked chopped
- ☐ 1 can cream of mushroom soup
- ☐ 0.1 cup cooking sherry dry
- ☐ 1 egg yolk
- ☐ 1 large eggs
- ☐ 0.8 cups flour all-purpose

- ☐ 0.3 cup fontina shredded
- ☐ 1.3 cups milk
- ☐ 0.5 small onion chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup swiss cheese shredded

Equipment

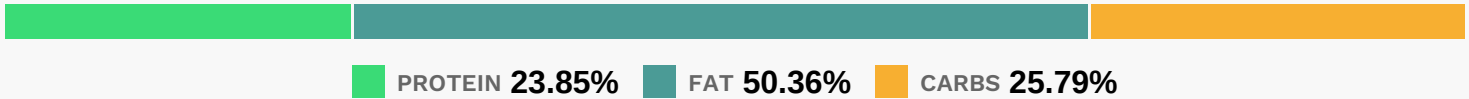
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ spatula

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.

- In a medium bowl, combine flour and salt. In another medium bowl, whisk together milk, egg, egg yolk, and butter. Gradually add flour mixture to milk mixture, whisking until smooth.
- Heat an 8-inch nonstick skillet over medium-high heat. Spoon 2 1/2 tablespoons of batter into skillet; cook for 30 to 45 seconds. Loosen crepe with a spatula, and carefully turn over. Cook for 30 to 45 seconds; transfer to plate. Repeat procedure with remaining batter, stacking crepes on a plate.

Nutrition Facts



Properties

Glycemic Index:85.25, Glycemic Load:14.77, Inflammation Score:-7, Nutrition Score:18.302608676579%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 2.26mg, Isorhamnetin: 2.26mg, Isorhamnetin: 2.26mg, Isorhamnetin: 2.26mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 444.87kcal (22.24%), Fat: 24.51g (37.72%), Saturated Fat: 13.28g (82.99%), Carbohydrates: 28.25g (9.42%), Net Carbohydrates: 26.64g (9.69%), Sugar: 4.98g (5.53%), Cholesterol: 179.01mg (59.67%), Sodium: 1066.76mg (46.38%), Alcohol: 0.77g (100%), Alcohol %: 0.32% (100%), Protein: 26.13g (52.25%), Selenium: 30.51µg (43.59%), Phosphorus: 363.02mg (36.3%), Vitamin B2: 0.51mg (29.94%), Calcium: 295.95mg (29.6%), Vitamin B3: 5.28mg (26.37%), Manganese: 0.48mg (23.84%), Vitamin B12: 1.4µg (23.31%), Vitamin B1: 0.33mg (22.03%), Zinc: 3.2mg (21.32%), Folate: 82.83µg (20.71%), Vitamin A: 962.13IU (19.24%), Iron: 3.15mg (17.5%), Vitamin B6: 0.33mg (16.39%), Copper: 0.29mg (14.61%), Vitamin K: 14.88µg (14.17%), Vitamin B5: 1.4mg (14.05%), Potassium: 438.02mg (12.51%), Magnesium: 40.65mg (10.16%), Vitamin D: 1.38µg (9.21%), Vitamin E: 1.01mg (6.73%), Fiber: 1.61g (6.42%), Vitamin C: 2.44mg (2.96%)