



Chicken-and-Oyster Mushroom Crepes

READY IN



45 min.

SERVINGS



6

CALORIES



277 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 ounce asiago cheese grated
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 2 tablespoons cooking sherry dry
- ☐ 1 large eggs
- ☐ 1 large egg white
- ☐ 1.5 cups less-sodium chicken broth fat-free
- ☐ 1 cup milk fat-free
- ☐ 0.8 cup flour all-purpose

- ☐ 3 tablespoons flour all-purpose
- ☐ 3 garlic cloves chopped
- ☐ 9 ounces oyster mushroom caps diced
- ☐ 2 cups ready-to-eat roasted skinned shredded (2 breasts)
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup shallots sliced
- ☐ 1 tablespoon stick margarine

Equipment

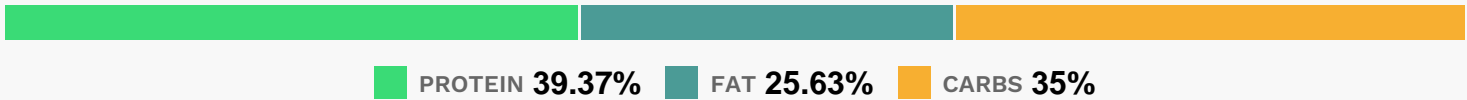
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ wax paper
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ To prepare the crepes, lightly spoon 3/4 cup flour into dry measuring cups, and level with a knife.
- ☐ Combine flour and 1/8 teaspoon salt in a bowl.
- ☐ Add the milk, egg, and egg white, stirring with a whisk until almost smooth. Cover batter; chill 1 hour.
- ☐ Place an 8-inch crepe pan or nonstick skillet coated with cooking spray over medium-high heat until hot.

- ☐ Remove pan from heat.
- ☐ Pour a scant 1/4 cup batter into pan; quickly tilt pan in all directions so batter covers pan with a thin film. Cook about 1 minute.
- ☐ Carefully lift the edge of crepe with a spatula to test for doneness. The crepe is ready to turn when it can be shaken loose from the pan and the underside is lightly browned. Turn crepe over; cook 30 seconds on other side.
- ☐ Place crepe on a towel; cool. Repeat procedure with remaining batter. Stack crepes between single layers of wax paper or paper towels to prevent sticking.
- ☐ Preheat oven to 35
- ☐ To prepare the filling, melt butter in a large nonstick skillet over medium heat.
- ☐ Add the shallots, and saute for 3 minutes.
- ☐ Add the mushrooms, thyme, and garlic; saute 5 minutes.
- ☐ Sprinkle the mushroom mixture with 3 tablespoons flour; cook 1 minute. Gradually stir in broth, sherry, 1/4 teaspoon salt, and pepper. Bring mixture to a boil; reduce heat, and simmer until thick (about 2 minutes).
- ☐ Remove from heat, and reserve 1/2 cup mushroom mixture. Stir the chicken into remaining mushroom mixture.
- ☐ Spoon about 1/3 cup chicken mixture onto center of each crepe. Bring 2 opposite sides to center; fold over filling.
- ☐ Place filled crepes, seam sides down, in a 13 x 9-inch baking dish coated with cooking spray. Spoon the remaining 1/2 cup mushroom mixture over crepes, and sprinkle with cheese.
- ☐ Bake at 350 for 15 minutes or until thoroughly heated.

Nutrition Facts



Properties

Glycemic Index:52.88, Glycemic Load:12.38, Inflammation Score:-6, Nutrition Score:18.278260837431%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg,

Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 276.8kcal (13.84%), Fat: 7.74g (11.9%), Saturated Fat: 2.52g (15.73%), Carbohydrates: 23.77g (7.92%), Net Carbohydrates: 21.56g (7.84%), Sugar: 4.4g (4.88%), Cholesterol: 85.12mg (28.37%), Sodium: 563.71mg (24.51%), Alcohol: 0.51g (100%), Alcohol %: 0.23% (100%), Protein: 26.74g (53.48%), Selenium: 36.77µg (52.53%), Vitamin B3: 8.23mg (41.16%), Vitamin B1: 0.6mg (40.18%), Vitamin B6: 0.79mg (39.56%), Phosphorus: 365.34mg (36.53%), Vitamin B2: 0.54mg (31.92%), Potassium: 682.57mg (19.5%), Vitamin B5: 1.67mg (16.68%), Zinc: 2.43mg (16.17%), Folate: 64.53µg (16.13%), Manganese: 0.3mg (15.16%), Vitamin B12: 0.89µg (14.85%), Iron: 2.55mg (14.15%), Calcium: 138.52mg (13.85%), Magnesium: 46.99mg (11.75%), Copper: 0.22mg (11.09%), Fiber: 2.22g (8.86%), Vitamin D: 1.25µg (8.35%), Vitamin A: 278.31IU (5.57%), Vitamin C: 2.09mg (2.54%), Vitamin E: 0.3mg (2.03%), Vitamin K: 1.93µg (1.84%)