



Chicken, Spinach, and Mushroom Crepes

READY IN



45 min.

SERVINGS



5

CALORIES



386 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon butter
- ☐ 3 cups chicken breast cooked chopped
- ☐ 10 basic crepes
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.5 cup green onions sliced
- ☐ 1.3 cups milk 2% reduced-fat
- ☐ 2 ounces monterrey jack cheese shredded with jalapeño peppers
- ☐ 8 ounce pre mushrooms

- ☐ 1 cup onion thinly sliced
- ☐ 0.8 teaspoon salt divided
- ☐ 10 ounce pkt spinach frozen dry thawed drained chopped

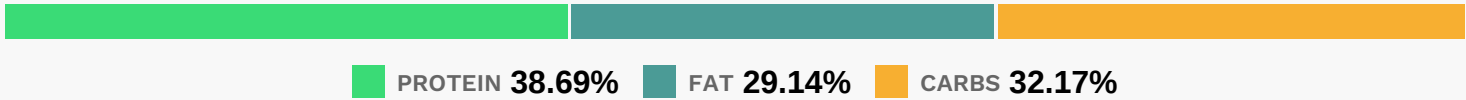
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add sliced onion and mushrooms to pan; saut 5 minutes or until mushrooms release their moisture and darken. Stir in chicken, green onions, 1/4 teaspoon salt, and spinach.
- ☐ Melt butter in a small saucepan over medium heat.
- ☐ Add flour to pan; stir with a whisk until blended. Cook 1 minute, stirring constantly. Gradually add milk to pan, stirring constantly with a whisk; cook 5 minutes or until thick.
- ☐ Remove from heat. Stir in remaining 1/2 teaspoon salt and pepper.
- ☐ Pour milk mixture over chicken mixture; stir to combine.
- ☐ Preheat broiler.
- ☐ Spoon about 1/2 cup chicken mixture in the center of each crepe; fold ends and sides over.
- ☐ Place, seam side down, in a 13 x 9-inch baking pan coated with cooking spray.
- ☐ Sprinkle crepes evenly with cheese. Broil 2 minutes or until lightly browned.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:2.83, Inflammation Score:-10, Nutrition Score:29.683043402174%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg, Isorhamnetin: 1.6mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg, Quercetin: 7.56mg

Nutrients (% of daily need)

Calories: 386.02kcal (19.3%), Fat: 12.42g (19.11%), Saturated Fat: 6.26g (39.11%), Carbohydrates: 30.86g (10.29%), Net Carbohydrates: 27.85g (10.13%), Sugar: 13.86g (15.4%), Cholesterol: 104.16mg (34.72%), Sodium: 729.84mg (31.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 37.11g (74.22%), Vitamin K: 232.77µg (221.69%), Vitamin A: 6984.41IU (139.69%), Vitamin B3: 13.78mg (68.88%), Selenium: 35.19µg (50.28%), Phosphorus: 379.99mg (38%), Vitamin B6: 0.73mg (36.31%), Vitamin B2: 0.59mg (34.77%), Folate: 116.35µg (29.09%), Calcium: 278.72mg (27.87%), Manganese: 0.54mg (26.78%), Magnesium: 86.61mg (21.65%), Potassium: 726.85mg (20.77%), Vitamin B5: 1.84mg (18.41%), Iron: 2.99mg (16.63%), Copper: 0.3mg (15.05%), Vitamin B1: 0.22mg (14.5%), Zinc: 2.14mg (14.24%), Vitamin E: 2.05mg (13.68%), Fiber: 3.01g (12.03%), Vitamin B12: 0.72µg (11.92%), Vitamin C: 8.44mg (10.23%), Vitamin D: 0.24µg (1.62%)