



Chili Relleno Crêpes

READY IN



45 min.

SERVINGS



4

CALORIES



311 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 64 package d crêpes (9-inch)
- ☐ 8 oz chilies whole green canned
- ☐ 2 cups cheddar cheese shredded

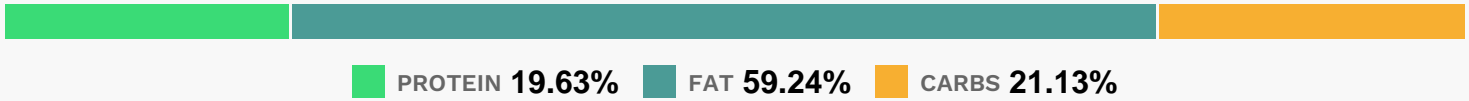
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Drain 2 cans (4 oz. each) whole green chilies and lay an equal portion on a quarter section of each of 8 packaged crpes (9 in.). Mound 3 tablespoons shredded cheddar cheese (you'll need 2 cups, 1/2 lb. total) onto chilies on each crpe.
- ☐ Fold crpes in half over filling, then in half again to make a triangle. Set triangles, 3-layer side down, slightly apart in 2 nonstick or lightly oiled 10- by 15-inch pans.
- ☐ Top crpes with remaining cheese and bake in a 400 oven until filling is hot in the center and crpe edges are crisp, about 6 minutes; switch pan positions after 3 minutes.
- ☐ Transfer crpes to plates.

Nutrition Facts



Properties

Glycemic Index:18, Glycemic Load:2.24, Inflammation Score:-7, Nutrition Score:14.722608939461%

Nutrients (% of daily need)

Calories: 310.64kcal (15.53%), Fat: 20.58g (31.66%), Saturated Fat: 11.43g (71.45%), Carbohydrates: 16.52g (5.51%), Net Carbohydrates: 15.67g (5.7%), Sugar: 7.67g (8.52%), Cholesterol: 63.22mg (21.07%), Sodium: 463.57mg (20.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.34g (30.69%), Vitamin C: 81.48mg (98.76%), Calcium: 418.59mg (41.86%), Phosphorus: 283.15mg (28.32%), Selenium: 16.27µg (23.25%), Vitamin A: 1105.9IU (22.12%), Vitamin B2: 0.3mg (17.53%), Vitamin B6: 0.33mg (16.29%), Zinc: 2.22mg (14.81%), Vitamin B12: 0.6µg (9.98%), Vitamin K: 9.29µg (8.85%), Magnesium: 28.3mg (7.07%), Potassium: 226.08mg (6.46%), Folate: 24.91µg (6.23%), Manganese: 0.11mg (5.58%), Vitamin E: 0.81mg (5.43%), Iron: 0.88mg (4.88%), Copper: 0.09mg (4.59%), Vitamin B1: 0.06mg (3.81%), Vitamin B3: 0.73mg (3.67%), Vitamin B5: 0.35mg (3.47%), Fiber: 0.85g (3.4%), Vitamin D: 0.34µg (2.26%)