



Chocolate-Souffléd Crepes

READY IN



45 min.

SERVINGS



6

CALORIES



139 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 6 servings chocolate sauce
- ☐ 1 large eggs
- ☐ 3 large egg whites
- ☐ 1 large egg yolk
- ☐ 0.5 cup flour all-purpose
- ☐ 2 teaspoons flour all-purpose
- ☐ 0.3 cup milk 1% low-fat
- ☐ 0.5 cup milk 1% low-fat
- ☐ 1 tablespoon powdered sugar

- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons sugar
- ☐ 2 tablespoons cocoa unsweetened
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons vegetable oil

Equipment

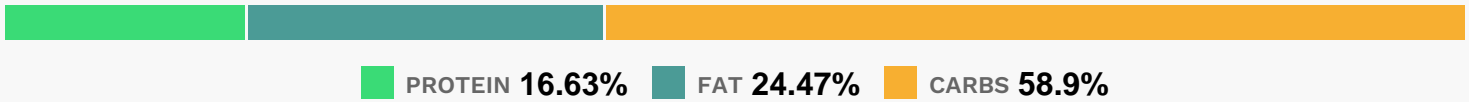
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ wax paper
- ☐ spatula

Directions

- ☐ Place 1/2 cup flour in a medium bowl.
- ☐ Combine 1/2 cup milk, 2 teaspoons sugar, oil, and egg; add mixture to flour, stirring with a whisk until almost smooth. Cover batter; chill for 1 hour.
- ☐ Coat an 8-inch crepe pan or nonstick skillet with cooking spray; place 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 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 the other side.

- ☐ Place the crepe on a towel; allow it to cool. Repeat procedure until all of the batter is used. Stack crepes between single layers of wax paper or paper towels to prevent sticking.
- ☐ Preheat oven to 35
- ☐ Combine 2 tablespoons sugar, cocoa, and 2 teaspoons flour in a small saucepan; stir well.
- ☐ Add 1/4 cup milk and yolk; stir with a whisk.
- ☐ Place over low heat; cook 5 minutes or until thick.
- ☐ Remove from heat. Stir in vanilla.
- ☐ Pour into a large bowl; set aside to cool.
- ☐ Beat egg whites at high speed of a mixer until foamy. Gradually add 1 tablespoon sugar, beating until stiff peaks form. Gently fold one-fourth of egg white mixture into chocolate mixture, and gently fold in remaining egg white mixture.
- ☐ Spoon 1/3 cup souffl mixture into center of each crepe; fold in half.
- ☐ Place filled crepes on a baking sheet.
- ☐ Bake at 350 for 10 minutes or until puffy. Spoon Chocolate Sauce over each crepe; sprinkle with powdered sugar.
- ☐ Garnish with orange rind strips, if desired.

Nutrition Facts



Properties

Glycemic Index:60.05, Glycemic Load:11.24, Inflammation Score:-2, Nutrition Score:5.2486956845159%

Flavonoids

Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg, Epicatechin: 3.27mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 138.55kcal (6.93%), Fat: 3.8g (5.85%), Saturated Fat: 1.12g (7%), Carbohydrates: 20.58g (6.86%), Net Carbohydrates: 19.64g (7.14%), Sugar: 10.74g (11.93%), Cholesterol: 63.08mg (21.03%), Sodium: 56.28mg (2.45%), Alcohol: 0.23g (100%), Alcohol %: 0.36% (100%), Caffeine: 3.9mg (1.3%), Protein: 5.81g (11.63%), Selenium: 12.14µg (17.34%), Vitamin B2: 0.23mg (13.46%), Phosphorus: 85.62mg (8.56%), Vitamin B1: 0.11mg (7.63%), Manganese: 0.15mg (7.59%), Folate: 30.16µg (7.54%), Iron: 1mg (5.56%), Vitamin B12: 0.32µg (5.41%), Calcium: 51.09mg (5.11%),

Copper: 0.1mg (4.8%), Magnesium: 17.81mg (4.45%), Vitamin D: 0.64µg (4.29%), Vitamin B5: 0.4mg (4.05%), Fiber: 0.94g (3.78%), Vitamin B3: 0.75mg (3.77%), Potassium: 129.58mg (3.7%), Zinc: 0.51mg (3.37%), Vitamin A: 143.7IU (2.87%), Vitamin K: 2.93µg (2.79%), Vitamin B6: 0.05mg (2.49%), Vitamin E: 0.32mg (2.16%)