



Chorizo-Leek Crepes with Sour Cream and Chives

READY IN



60 min.

SERVINGS



4

CALORIES



604 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups andouille sausage diced finely
- ☐ 1 tablespoon butter melted
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup chives fresh minced
- ☐ 1.5 cups leeks sliced
- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt

- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 0.3 cup water lukewarm

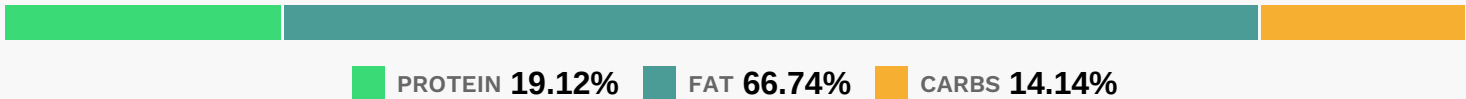
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ In a blender or food processor, combine flour, milk, water, eggs, olive oil or melted butter, and salt. Puree or blend until smooth.
- ☐ Pour batter into a pitcher or container with a pouring lip (or leave in blender jar). Cover with plastic and refrigerate for at least 30 minutes, (optional).
- ☐ Heat the remaining 1 tablespoon of olive oil in a large nonstick skillet over medium heat.
- ☐ Add leeks and saute 5 minutes, until tender.
- ☐ Add chorizo and cook 3 to 5 minutes, until heated through.
- ☐ Remove mixture from pan and set aside. Cover with foil to keep warm.
- ☐ Return skillet to medium heat.
- ☐ For each crepe, add 2 tablespoons batter to pan. Lift the pan off the heat and tilt and rotate it so that the batter forms an even, very thin layer. Cook until the top is set and the bottom is golden (about 30 seconds to 1 minute). Using your fingers, flip crepe and cook 30 seconds, until second side is lightly browned.
- ☐ Transfer crepe to layers of waxed paper and repeat with remaining batter.
- ☐ Roll crepes with chorizo-leek filling.
- ☐ Garnish with sour cream and chives.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:10.51, Inflammation Score:-7, Nutrition Score:20.117391441179%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg, Kaempferol: 1.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 604.35kcal (30.22%), Fat: 44.88g (69.04%), Saturated Fat: 15.22g (95.14%), Carbohydrates: 21.39g (7.13%), Net Carbohydrates: 20.3g (7.38%), Sugar: 5.22g (5.8%), Cholesterol: 215.36mg (71.79%), Sodium: 1317.47mg (57.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.93g (57.87%), Selenium: 39.46µg (56.37%), Vitamin B3: 8.39mg (41.95%), Vitamin B1: 0.48mg (32.02%), Phosphorus: 308.42mg (30.84%), Vitamin B2: 0.5mg (29.58%), Vitamin B12: 1.61µg (26.78%), Zinc: 3.61mg (24.04%), Vitamin K: 23.76µg (22.63%), Vitamin A: 1077.21IU (21.54%), Vitamin B6: 0.39mg (19.58%), Iron: 3.37mg (18.7%), Potassium: 605.04mg (17.29%), Folate: 67.24µg (16.81%), Vitamin D: 2.49µg (16.61%), Vitamin B5: 1.57mg (15.73%), Vitamin E: 2.28mg (15.18%), Manganese: 0.29mg (14.72%), Calcium: 116.19mg (11.62%), Magnesium: 42.45mg (10.61%), Copper: 0.18mg (8.83%), Vitamin C: 5.72mg (6.93%), Fiber: 1.09g (4.34%)