



Cinnamon Crepes

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



120 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 large eggs
- 0.8 cup flour all-purpose
- 0.3 cup granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.8 cup half-and-half
- 1 Dash salt
- 0.3 teaspoon vanilla extract
- 0.3 cup milk whole

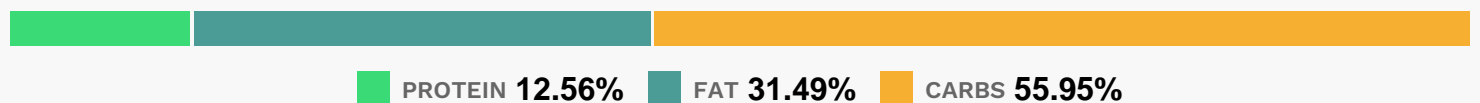
Equipment

- food processor
- bowl
- frying pan
- paper towels
- knife
- wax paper
- spatula
- measuring cup

Directions

- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour and next 7 ingredients (through eggs) in a food processor, and process until smooth.
- Pour batter into a bowl; cover and chill for at least 1 hour or up to 12 hours.
- Heat an 8-inch crepe pan or medium nonstick skillet over medium-high heat. Coat pan with cooking spray; 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 1 minute or until surface of crepe begins to look dry.
- Carefully lift edge of crepe with a spatula to test for doneness. Turn crepe over when it can be shaken loose from pan and the underside is lightly browned; cook crepe 20 seconds on the other side.
- Place crepe on a towel, and cool. Repeat the procedure until all of the batter is used. Stack the crepes between single layers of wax paper or paper towels to prevent them from sticking.

Nutrition Facts



Properties

Glycemic Index:23.51, Glycemic Load:10.97, Inflammation Score:-2, Nutrition Score:3.7678261178991%

Nutrients (% of daily need)

Calories: 119.56kcal (5.98%), Fat: 4.18g (6.43%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 16.71g (5.57%), Net Carbohydrates: 16.32g (5.94%), Sugar: 7.64g (8.49%), Cholesterol: 55.36mg (18.45%), Sodium: 39.65mg (1.72%), Alcohol: 0.04g (100%), Alcohol %: 0.09% (100%), Protein: 3.75g (7.5%), Selenium: 8.72µg (12.46%), Vitamin B2: 0.17mg (10.05%), Vitamin B1: 0.11mg (7.21%), Folate: 28.01µg (7%), Phosphorus: 66.75mg (6.67%), Manganese: 0.11mg (5.32%), Iron: 0.79mg (4.38%), Calcium: 43.74mg (4.37%), Vitamin B3: 0.74mg (3.68%), Vitamin B5: 0.34mg (3.37%), Vitamin B12: 0.2µg (3.26%), Vitamin A: 160.54IU (3.21%), Zinc: 0.37mg (2.44%), Vitamin D: 0.33µg (2.23%), Vitamin B6: 0.04mg (2.13%), Potassium: 72.02mg (2.06%), Magnesium: 7.35mg (1.84%), Fiber: 0.38g (1.53%), Copper: 0.03mg (1.45%), Vitamin E: 0.2mg (1.34%)