



Claire's Yummy Crepes

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



112 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon sugar white

Equipment

- ☐ bowl
- ☐ frying pan

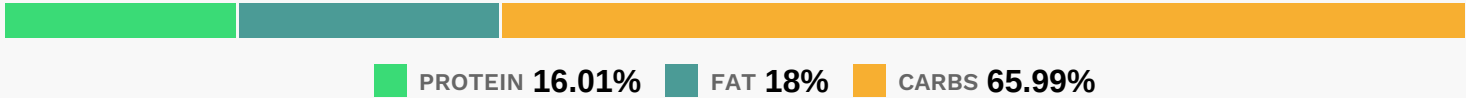
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spatula

Directions

- ☐ Combine flour, sugar and salt in a bowl. Make a well in the center of the flour and add the milk and egg. Beat well to combine.
- ☐ Heat a lightly oiled griddle or frying pan over medium high heat.
- ☐ Pour the batter onto the griddle, using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly.
- ☐ Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:12.46, Inflammation Score:-2, Nutrition Score:4.8569565214541%

Nutrients (% of daily need)

Calories: 112kcal (5.6%), Fat: 2.2g (3.39%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 18.18g (6.06%), Net Carbohydrates: 17.62g (6.41%), Sugar: 2.37g (2.64%), Cholesterol: 32.16mg (10.72%), Sodium: 123.18mg (5.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Selenium: 10.09µg (14.41%), Vitamin B1: 0.19mg (12.62%), Vitamin B2: 0.19mg (11.33%), Folate: 41.57µg (10.39%), Phosphorus: 78.09mg (7.81%), Manganese: 0.15mg (7.3%), Vitamin B3: 1.28mg (6.39%), Iron: 1.1mg (6.09%), Calcium: 57.31mg (5.73%), Vitamin B12: 0.28µg (4.75%), Vitamin D: 0.59µg (3.96%), Vitamin B5: 0.36mg (3.55%), Zinc: 0.41mg (2.72%), Potassium: 93.44mg (2.67%), Magnesium: 10.35mg (2.59%), Vitamin B6: 0.05mg (2.32%), Fiber: 0.56g (2.25%), Vitamin A: 105.48IU (2.11%), Copper: 0.04mg (1.79%)