



Coconut-Curry Seafood Crêpes

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



316 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.1 lb butter
- ☐ 1.5 cups coconut milk
- ☐ 0.5 pound surimi crab sticks shelled cooked
- ☐ 6 servings curried crêpes
- ☐ 3.5 cups fat-skimmed chicken broth reduced-sodium
- ☐ 6 tablespoons flour all-purpose
- ☐ 1 tablespoon cilantro leaves fresh minced
- ☐ 8 oz onion minced peeled

- ☐ 6 servings salt and pepper
- ☐ 0.5 pound boned rinsed

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ spatula
- ☐ slotted spoon

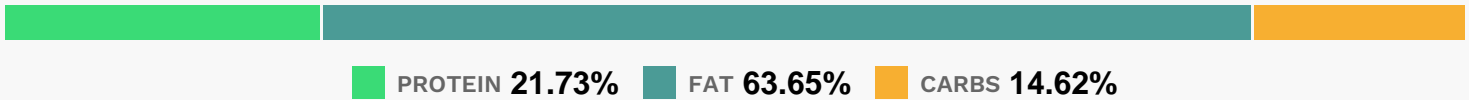
Directions

- ☐ In a 2- to 3-quart pan over high heat, bring broth to a boil.
- ☐ Add shrimp, cover pan, and remove from heat.
- ☐ Let stand until shrimp are barely opaque but still moist-looking in center of thickest part (cut to test), 1 to 2 minutes. With a slotted spoon, transfer shrimp to a board.
- ☐ Return pan with broth to high heat. When boiling again, add salmon, cover, and remove from heat.
- ☐ Let stand until fish is barely opaque but still moist-looking in center of thickest part (cut to test), 8 to 9 minutes. With slotted spoon, transfer to board.
- ☐ Pour broth into a 1-quart glass measure or a bowl; rinse and dry pan.
- ☐ Set pan over medium-high heat and add 1/4 cup butter; when melted, add onion and stir often until limp, 10 to 15 minutes.
- ☐ Sprinkle flour over onion and stir for 1 minute.
- ☐ Remove from heat and whisk in reserved broth and the coconut milk, then whisk over medium-high heat until mixture boils and thickens, 8 to 10 minutes.
- ☐ Remove from heat.
- ☐ Add salt and pepper to taste.
- ☐ Meanwhile, remove any bits of shell from the crab; put crab into a bowl. When shrimp and salmon are cool enough to handle, cut shrimp into 1/2-inch chunks and with a fork, flake

salmon; put these into bowl with crab.

- ☐ Mix in 1 1/2 cups coconut sauce.
- ☐ Lay one crpe flat in a lightly buttered 9- by 13-inch pan. Spoon about 1/3 cup of the seafood mixture onto half the crpe, spreading to within 1 inch of edge; fold bare half of crpe over filling, then fold in half again to form a triangle. Repeat to fill remaining crpes, slightly overlapping in a single layer in pan. Cover and chill up to 1 day.
- ☐ Uncover and bake in a 350 regular or convection oven until crpes are hot in the center, 35 to 40 minutes.
- ☐ Spoon remaining coconut sauce evenly onto dinner plates. With a wide spatula, transfer crpes to plates, setting in sauce.
- ☐ Sprinkle cilantro evenly over crpes.
- ☐ Add more salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:6.46, Inflammation Score:-6, Nutrition Score:16.387391275686%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg, Isorhamnetin: 1.89mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg, Quercetin: 7.71mg

Nutrients (% of daily need)

Calories: 315.62kcal (15.78%), Fat: 22.74g (34.99%), Saturated Fat: 12.77g (79.84%), Carbohydrates: 11.75g (3.92%), Net Carbohydrates: 10.9g (3.96%), Sugar: 2.1g (2.34%), Cholesterol: 57.88mg (19.29%), Sodium: 1068.53mg (46.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.47g (34.94%), Selenium: 35.66µg (50.94%), Vitamin B12: 2.73µg (45.58%), Manganese: 0.58mg (29.16%), Copper: 0.58mg (28.96%), Vitamin B3: 5.6mg (27.99%), Phosphorus: 254.12mg (25.41%), Vitamin B6: 0.45mg (22.61%), Iron: 2.98mg (16.58%), Vitamin B2: 0.26mg (15.14%), Folate: 59µg (14.75%), Potassium: 514.71mg (14.71%), Magnesium: 57.62mg (14.4%), Zinc: 2.14mg (14.28%), Vitamin B5: 1.34mg (13.39%), Vitamin B1: 0.19mg (12.87%), Vitamin A: 359.15IU (7.18%), Calcium: 67.92mg (6.79%), Vitamin E: 1mg (6.68%), Vitamin C: 4.65mg (5.63%), Fiber: 0.85g (3.39%)