

## Cook the Book: Crepas Salguero

READY IN



45 min.

SERVINGS



4

CALORIES



2175 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 pound chocolate chips coarsely chopped
- ☐ 1 tablespoons butter melted
- ☐ 4 servings topping
- ☐ 0.5 cup hot-brewed coffee brewed
- ☐ 24 ounce condensed milk canned
- ☐ 4 servings crêpes
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1.5 cups cup heavy whipping cream

- ☐ 1 cup milk
- ☐ 2 tablespoons sugar
- ☐ 2 pints whipped cream for serving
- ☐ 0.5 cup water

## Equipment

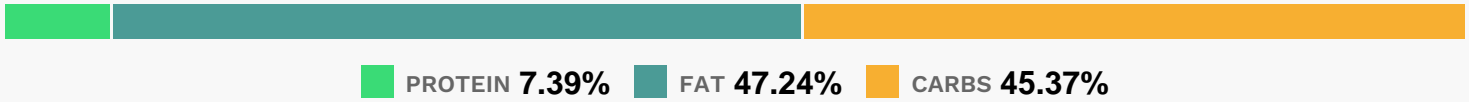
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ sieve
- ☐ microwave
- ☐ spatula

## Directions

- ☐ Remove the labels from the cans of condensed milk and submerge them in a large pot filled with water. Bring to a boil over high heat, reduce to a rapid simmer for about 4 hours.
- ☐ Add water as needed. Check often to make sure that the can are always covered with water by at least 1 inch; otherwise they could explode.
- ☐ Remove the cans from the water and let them cool.
- ☐ In a large mixing bowl, mix together the flour, milk, ware, egg, and melted butter.
- ☐ Whisk by hand for about 2 minutes.
- ☐ Add the sugar and whisk for 2 minutes longer. Strain through a fine-mesh sieve into a bowl and let the crepe batter rest for about 20 minutes.
- ☐ Put the chocolate in a microwave-safe bowl and microwave for 2 1/2 to 3 minutes, or until softened and shiny. The chocolate will not melt completely.
- ☐ Add the cream and coffee and stir until smooth. Set aside at room temperature.

- ☐ Heat 2 9-inch nonstick pans over low heat. If you have seasoned 9-inch crepe pans, use them. Spray lightly with vegetable oil spray and ladle 3 tablespoons of crepe batter into the pans. Tip and roll the pans to spread the batter evenly over the bottom of the pans and cook for about 2 minutes. Using a spatula, flip the crepes and cook for 2 minutes longer, or until lightly browned. Lift the crepes from the pans and stack on a plate. These crepes do not stick to one another. Continue cooking the crepes until you have 1
- ☐ Expect to throw out the first crepe in each pan; this is typical, as anyone who has made crepes knows. The first one never works, and after it has flopped, the pan is seasoned appropriately so that the rest are perfect.
- ☐ Open the cans of boiled condensed milk. The milk will be caramel brown and thick.
- ☐ Lay the crepes out on a work surface.
- ☐ Spread a thick stripe – about 2 tablespoons – of the dulce de leche (the boiled condensed milk) down the center of each crepe. Top the dulce de leche with an equal-sized stripe of whipped cream.
- ☐ Roll the crepes like a cigar and put 2 crepes on each plate.
- ☐ Ladle about 3 tablespoons of the chocolate sauce over the crepes and serve with ice cream.

## Nutrition Facts



## Properties

Glycemic Index:88.77, Glycemic Load:112.02, Inflammation Score:-9, Nutrition Score:41.083043471627%

## Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg  
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.01mg, Myricetin:  
0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin:  
0.01mg

## Nutrients (% of daily need)

Calories: 2175.35kcal (108.77%), Fat: 115.12g (177.11%), Saturated Fat: 82.26g (514.15%), Carbohydrates: 248.77g  
(82.92%), Net Carbohydrates: 241.94g (87.98%), Sugar: 193.65g (215.16%), Cholesterol: 325.69mg (108.56%),  
Sodium: 625.94mg (27.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.92mg (3.97%), Protein: 40.5g  
(80.99%), Calcium: 1278.7mg (127.87%), Vitamin B2: 1.97mg (115.68%), Phosphorus: 996.22mg (99.62%), Selenium:  
53.69µg (76.7%), Vitamin A: 3027.31IU (60.55%), Potassium: 2064.97mg (59%), Zinc: 8.1mg (54%), Vitamin B1:  
0.67mg (44.7%), Vitamin B5: 4.36mg (43.65%), Vitamin B12: 2.58µg (42.98%), Magnesium: 141.85mg (35.46%),

Folate: 121.72µg (30.43%), Fiber: 6.84g (27.35%), Vitamin E: 3.87mg (25.83%), Vitamin B6: 0.45mg (22.59%),  
Vitamin D: 3.16µg (21.08%), Iron: 3.79mg (21.05%), Manganese: 0.42mg (20.93%), Vitamin B3: 3.85mg (19.24%),  
Copper: 0.36mg (18.06%), Vitamin K: 13.93µg (13.27%), Vitamin C: 6.95mg (8.42%)