



Corn and Cheese-Stuffed Crepes with Poblano Cream

 Vegetarian

READY IN



37 min.

SERVINGS



8

CALORIES



425 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup all purpose flour
- ☐ 8 servings butter for greasing the baking dish
- ☐ 1 large egg yolk
- ☐ 2 large eggs
- ☐ 8 servings cilantro leaves fresh chopped for garnish
- ☐ 1 cup corn kernels fresh (from 1 ear of corn)
- ☐ 1 cup heavy whipping cream

- ☐ 0.5 cup crema mexicana sour
- ☐ 2.5 cups mozzarella cheese finely grated
- ☐ 0.8 cup onion chopped
- ☐ 2 poblano chiles diced peeled
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons butter unsalted ()
- ☐ 3 tablespoons butter unsalted cooled melted
- ☐ 0.8 cup milk whole

Equipment

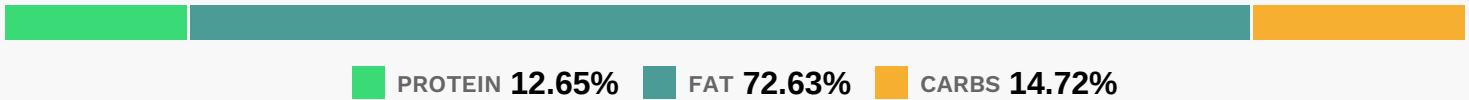
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ aluminum foil
- ☐ spatula
- ☐ glass baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Grease a 13-by-9-by-2-inch glass baking dish with butter. Set aside.
- ☐ Place all ingredients in a blender and process until smooth.
- ☐ Let the batter stand for 30 minutes to allow any bubbles to settle.
- ☐ Preheat oven to 350 degrees F.
- ☐ For the sauce: Melt 2 tablespoons butter in heavy large skillet over medium-high heat.
- ☐ Add the onions and cook until translucent, about 4 minutes.
- ☐ Add the poblano chiles and cook for 1 minute to blend flavors.
- ☐ Add the heavy cream and bring to a boil. Reduce the heat to medium and simmer until reduced and the cream coats back of spoon, about 6 minutes. Cool mixture slightly then transfer to blender and process until smooth. Season the poblano sauce with salt and pepper,

- to taste. Return the sauce to the same skillet and keep warm over low heat until ready to serve.
- ☐ Heat a 10-inch-diameter non-stick skillet over medium-high heat.
 - ☐ Brush the pan with oil (or spray with non-stick cooking spray).
 - ☐ Add scant 1/4 cupful batter to the skillet; tilt to coat the bottom of the pan with an even layer of batter. Cook for about 30 to 45 seconds until golden on the bottom, adjusting the heat, as necessary, to prevent burning, Using a spatula, turn the crepe over and cook for 30 seconds.
 - ☐ Transfer to a plate. Repeat with the remaining batter.
 - ☐ Stuff each crepe with 1/4 cup of grated cheese and transfer to the prepared backing dish, fitting them snugly into dish. Cove the pan with foil and bake until cheese melts, about 15 minutes.
 - ☐ To serve: Arrange the crepes on a platter and pout the sauce on top.
 - ☐ Garnish with corn kernels, Mexican crema and chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:32.38, Glycemic Load:5.32, Inflammation Score:-7, Nutrition Score:12.103913099869%

Flavonoids

Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 425.43kcal (21.27%), Fat: 34.89g (53.68%), Saturated Fat: 19.62g (122.65%), Carbohydrates: 15.91g (5.3%), Net Carbohydrates: 14.58g (5.3%), Sugar: 5.36g (5.96%), Cholesterol: 170.84mg (56.95%), Sodium: 498.73mg (21.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.67g (27.34%), Vitamin C: 26.47mg (32.08%), Vitamin A: 1370.13IU (27.4%), Calcium: 269.28mg (26.93%), Phosphorus: 235.51mg (23.55%), Selenium: 15.28µg (21.82%), Vitamin B12: 1.15µg (19.09%), Vitamin B2: 0.32mg (18.86%), Zinc: 1.61mg (10.75%), Folate: 40.83µg (10.21%), Vitamin B1: 0.15mg (10.14%), Vitamin D: 1.36µg (9.09%), Vitamin B6: 0.17mg (8.57%), Manganese: 0.16mg (7.8%), Potassium: 243.85mg (6.97%), Vitamin B5: 0.69mg (6.93%), Magnesium: 26.64mg (6.66%), Vitamin E: 0.99mg (6.6%), Iron: 1.06mg (5.86%), Fiber: 1.34g (5.35%), Vitamin K: 5.49µg (5.23%), Vitamin B3: 1.04mg (5.19%), Copper: 0.07mg (3.31%)