



Corn and Mushroom Crepes

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



405 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 15 oz regular corn drained canned
- 0.5 cup knudsen cream sour
- 6 oz philadelphia cream cheese softened ()
- 2 eggs
- 0.8 cup flour
- 2 hard-cooked eggs chopped
- 2 cups milk divided
- 1 cup mushrooms finely chopped

- 0.5 cup pasilla peppers red finely chopped
- 0.5 tsp salt
- 1 cup mozzarella cheese shredded kraft

Equipment

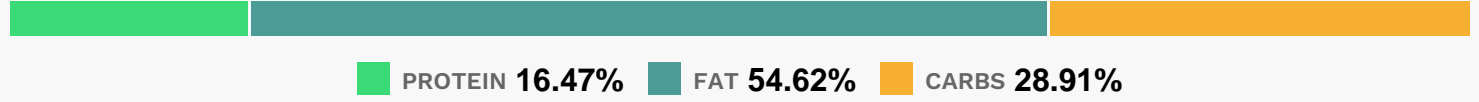
- bowl
- frying pan
- sauce pan
- baking paper
- oven
- whisk
- blender
- baking pan
- aluminum foil

Directions

- Combine shredded cheese, mushrooms, hard-cooked eggs, corn and peppers in medium bowl; cover and refrigerate until ready to use.
- Preheat oven to 350F.
- Place 1 cup of the milk, flour, sour cream, eggs and salt in blender; cover. Blend until smooth.
- Let stand 10 min.
- Spray 8-inch nonstick crepe pan or saute pan with cooking spray.
- Heat on medium-high heat.
- Add 3 Tbsp. batter; tilt pan to evenly cover bottom with batter. Cook crepe 30 sec. on each side or until lightly browned in both sides. Stack cooked crepes with parchment paper in between each one. Continue with remaining batter to make a total of 12 crepes.
- Fill each crepe with 1/3 cup shredded cheese mixture; roll tightly.
- Place filled crepes in 13x9-inch baking dish; cover with foil.
- Bake 25 min.

- Meanwhile, bring remaining 1 cup milk to boil in medium saucepan; reduce heat to simmer. Stir in cream cheese; beat with wire whisk until well blended.
- Remove from heat.
- Pour hot cream cheese sauce over baked crepes.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:10.87, Inflammation Score:-7, Nutrition Score:15.007391318031%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 404.85kcal (20.24%), Fat: 24.67g (37.95%), Saturated Fat: 12.83g (80.18%), Carbohydrates: 29.37g (9.79%), Net Carbohydrates: 28.53g (10.37%), Sugar: 6.95g (7.72%), Cholesterol: 181.17mg (60.39%), Sodium: 595.32mg (25.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.74g (33.48%), Selenium: 24.3µg (34.71%), Vitamin B2: 0.58mg (33.98%), Phosphorus: 313.76mg (31.38%), Calcium: 262.94mg (26.29%), Vitamin A: 1312.72IU (26.25%), Vitamin B12: 1.29µg (21.49%), Vitamin C: 17.61mg (21.34%), Folate: 76.81µg (19.2%), Vitamin B1: 0.23mg (15.42%), Vitamin B5: 1.36mg (13.61%), Zinc: 1.87mg (12.47%), Potassium: 414.86mg (11.85%), Vitamin B3: 2.34mg (11.72%), Vitamin D: 1.66µg (11.08%), Manganese: 0.19mg (9.53%), Vitamin B6: 0.19mg (9.25%), Magnesium: 35.56mg (8.89%), Iron: 1.6mg (8.88%), Vitamin E: 0.93mg (6.17%), Copper: 0.12mg (6.09%), Fiber: 0.84g (3.37%), Vitamin K: 2.31µg (2.2%)