



## Cornbread Crêpes

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



129 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2.5 cups buttermilk
- 0.8 cup cornmeal
- 4 large eggs
- 0.8 cup flour all-purpose
- 1 cup corn kernels fresh coarsely chopped ( 3 to 4 ears)
- 1.5 teaspoons salt
- 0.3 cup vegetable oil

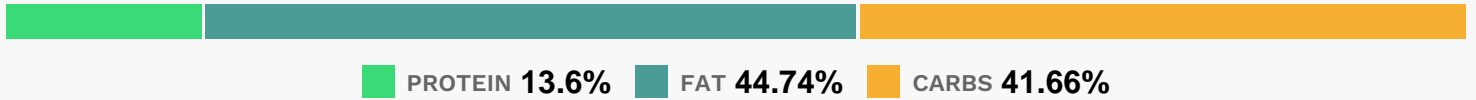
### Equipment

- bowl
- frying pan
- blender
- wax paper

## Directions

- Process first 6 ingredients in a blender until smooth, stopping once to scrape down sides.
- Transfer to a bowl. Stir in corn, and chill 1 hour.
- Coat a 7-inch nonstick skillet with vegetable cooking spray; place over medium heat until hot.
- Pour 1/4 cup batter into pan; quickly tilt pan in all directions so batter covers bottom of pan. Cook 3 minutes or until top is set. Turn out onto wax paper; cool. Repeat with remaining batter.
- \*1 cup coarsely chopped frozen whole kernel corn may be substituted for frozen corn.

## Nutrition Facts



## Properties

Glycemic Index:10.91, Glycemic Load:7.04, Inflammation Score:-2, Nutrition Score:4.8565217515697%

## Nutrients (% of daily need)

Calories: 128.98kcal (6.45%), Fat: 6.45g (9.93%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 13.52g (4.51%), Net Carbohydrates: 12.48g (4.54%), Sugar: 2.58g (2.86%), Cholesterol: 50.63mg (16.88%), Sodium: 276.91mg (12.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.83%), Selenium: 7.71µg (11.02%), Vitamin B2: 0.16mg (9.56%), Phosphorus: 87.79mg (8.78%), Vitamin B1: 0.1mg (7%), Folate: 24.81µg (6.2%), Vitamin K: 6.47µg (6.17%), Manganese: 0.11mg (5.4%), Calcium: 51.77mg (5.18%), Vitamin D: 0.74µg (4.92%), Vitamin B12: 0.28µg (4.73%), Vitamin B5: 0.47mg (4.69%), Vitamin B6: 0.09mg (4.49%), Magnesium: 17.87mg (4.47%), Iron: 0.77mg (4.3%), Fiber: 1.04g (4.16%), Zinc: 0.62mg (4.12%), Vitamin B3: 0.73mg (3.67%), Potassium: 122.66mg (3.5%), Vitamin E: 0.47mg (3.16%), Vitamin A: 146.32IU (2.93%), Copper: 0.05mg (2.5%)