



Cornmeal Crepes with Figs and Pears

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



542 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.3 cup cornmeal
- 1 large eggs
- 4 figs fresh black quartered
- 0.3 cup flour all-purpose
- 1.3 cups cup heavy whipping cream divided
- 4 servings honey (for drizzling)
- 0.1 teaspoon kosher salt
- 1 pears cored ripe thinly sliced

- 2 tablespoons sugar
- 4 servings butter unsalted (for skillet)
- 2 tablespoons pistachios raw unsalted shelled
- 0.5 teaspoon vanilla extract
- 0.5 cup milk whole

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- spatula

Directions

- Preheat oven to 350°F.
- Spread pistachios on a small rimmed baking sheet; toast, tossing occasionally, until fragrant, 6–8 minutes.
- Let cool, then coarsely chop; set aside.
- Meanwhile, whisk egg, milk, flour, cornmeal, sugar, vanilla, salt, and 1/4 cup cream in a medium bowl until smooth.
- Heat a 10" nonstick skillet over medium heat. Lightly coat skillet with butter and add 3 tablespoons batter, swirling to cover the bottom of skillet. Cook, undisturbed, until edges turn golden and center begins to puff, about 2 minutes. Using a heatproof rubber spatula, loosen edges and then, using your fingers, flip crepe and cook until bottom is dry and set, about 30 seconds longer.
- Transfer to a plate. Repeat with remaining batter, coating skillet with butter between crepes.
- Beat remaining 1 cup cream to soft peaks.
- Serve crepes folded, topped with whipped cream, pears, figs, and pistachios and drizzled with honey.

Per serving: 450 calories, 32 g fat, 4 g fiber

Bon Appétit

Nutrition Facts

PROTEIN 6.17% **FAT 60.13%** **CARBS 33.7%**

Properties

Glycemic Index:100.4, Glycemic Load:23.32, Inflammation Score:-7, Nutrition Score:11.779565189196%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg, Quercetin: 3.11mg

Nutrients (% of daily need)

Calories: 541.97kcal (27.1%), Fat: 37.35g (57.46%), Saturated Fat: 21.21g (132.54%), Carbohydrates: 47.1g (15.7%), Net Carbohydrates: 42.35g (15.4%), Sugar: 28.72g (31.91%), Cholesterol: 144.95mg (48.32%), Sodium: 124.97mg (5.43%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 8.63g (17.25%), Vitamin A: 1436.45IU (28.73%), Vitamin B2: 0.35mg (20.4%), Fiber: 4.75g (19%), Phosphorus: 178.01mg (17.8%), Selenium: 10.92µg (15.6%), Manganese: 0.31mg (15.35%), Vitamin B1: 0.22mg (14.34%), Vitamin B6: 0.28mg (14.11%), Calcium: 126.57mg (12.66%), Vitamin D: 1.85µg (12.34%), Potassium: 422.02mg (12.06%), Copper: 0.22mg (11.19%), Magnesium: 42.69mg (10.67%), Folate: 36.7µg (9.18%), Iron: 1.55mg (8.61%), Vitamin E: 1.26mg (8.38%), Vitamin B5: 0.81mg (8.09%), Vitamin K: 8.19µg (7.8%), Zinc: 1.14mg (7.61%), Vitamin B12: 0.4µg (6.72%), Vitamin B3: 1.18mg (5.91%), Vitamin C: 3.62mg (4.38%)