



## Cornmeal Crepes with Ricotta and Ham

READY IN



45 min.

SERVINGS



6

CALORIES



639 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups regular corn (from 4 ears)
- ☐ 1 large eggs lightly beaten
- ☐ 3 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.5 teaspoon pepper black
- ☐ 6 oz ham black cut into 1/4-inch dice
- ☐ 0.3 cup pepper flakes hot

- ☐ 30 oz part-skim ricotta
- ☐ 0.5 teaspoon salt
- ☐ 6 spring onion white green thinly sliced
- ☐ 3 tablespoons butter unsalted
- ☐ 2 cups milk whole
- ☐ 0.8 cup cornmeal yellow

## Equipment

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

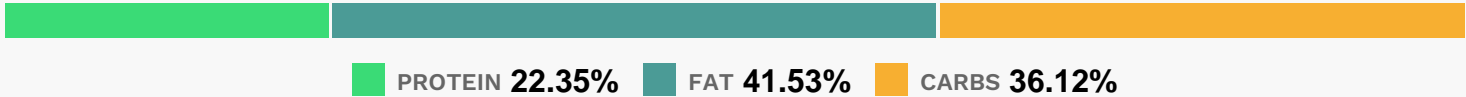
## Directions

- ☐ Blend flour, cornmeal, cumin, salt, milk, eggs, and 2 tablespoons butter in a blender until smooth.
- ☐ Let batter stand at room temperature 30 minutes.
- ☐ Lightly brush a 10-inch nonstick skillet with butter and heat over moderately high heat until hot but not smoking. Stir batter, then, holding skillet off heat, pour in 1/3 cup batter, immediately tilting and rotating skillet to coat bottom. (If batter sets before skillet is coated, reduce heat slightly for next crêpe.) Return skillet to heat and cook until just set and pale golden around edges, 10 to 15 seconds. Loosen edge of crêpe with a heatproof silicone spatula, then flip crêpe over carefully with your fingertips. Cook until underside is set, about 20 seconds more, and transfer crêpe to a plate. Make 11 more crêpes in same manner, brushing skillet lightly with butter for each and stacking crêpes on plate as cooked.
- ☐ Put oven rack in middle position and preheat oven to 375°F. Lightly butter a 13- by 9-inch (or 15- by 10-inch) shallow baking dish.
- ☐ Stir together ricotta, ham, egg, salt, and pepper. Put 1 crêpe, paler side up, on a work surface and spread 1 teaspoon pepper jelly in a horizontal line just below center of crêpe (toward end nearest you), leaving a 1-inch border on each side. Spoon 1/3 cup ricotta filling over jelly and

fold in sides of crêpe over filling, then, beginning at bottom, roll up to enclose filling. Arrange crêpe, seam side down, in baking dish. Assemble 11 more crêpes in same manner, arranging them in 1 layer in baking dish.

- ☐ Bake, covered with foil, until filling is hot, about 30 minutes.
- ☐ Melt butter in 10-inch skillet over moderate heat until foam subsides, then cook white and pale green scallions, stirring, until softened, about 2 minutes.
- ☐ Add corn, salt, and pepper and cook, stirring, until crisp-tender, 2 to 3 minutes.
- ☐ Add scallion greens and cook, stirring, until softened, about 1 minute. Spoon topping over crêpes.
- ☐ Crêpes can be filled (but not baked) 1 day ahead and chilled, covered. Bring to room temperature before baking.

## Nutrition Facts



## Properties

Glycemic Index:63.83, Glycemic Load:30.18, Inflammation Score:-8, Nutrition Score:27.207391386447%

## Flavonoids

Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

## Nutrients (% of daily need)

Calories: 639.45kcal (31.97%), Fat: 29.72g (45.73%), Saturated Fat: 15.19g (94.96%), Carbohydrates: 58.16g (19.39%), Net Carbohydrates: 53.86g (19.59%), Sugar: 7.81g (8.68%), Cholesterol: 210.33mg (70.11%), Sodium: 791.28mg (34.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.99g (71.99%), Selenium: 52.21µg (74.58%), Phosphorus: 591.03mg (59.1%), Calcium: 527.63mg (52.76%), Vitamin B2: 0.78mg (46.15%), Vitamin B1: 0.58mg (38.94%), Zinc: 4.52mg (30.15%), Folate: 110.56µg (27.64%), Vitamin A: 1349.69IU (26.99%), Vitamin K: 28.29µg (26.94%), Manganese: 0.49mg (24.67%), Vitamin B6: 0.48mg (24.17%), Vitamin B3: 4.54mg (22.68%), Vitamin B12: 1.34µg (22.34%), Iron: 3.92mg (21.79%), Magnesium: 86.08mg (21.52%), Potassium: 692.79mg (19.79%), Vitamin B5: 1.96mg (19.59%), Fiber: 4.3g (17.19%), Vitamin C: 14.08mg (17.07%), Vitamin D: 2.01µg (13.38%), Copper: 0.23mg (11.6%), Vitamin E: 1.01mg (6.73%)