



Crackle Crêpes with Shrimp



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



371 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 quart bean sprouts rinsed
- ☐ 0.3 cup coconut milk canned
- ☐ 0.3 cup cornstarch
- ☐ 3 servings seasoned fish sauce
- ☐ 2 tablespoons green onion thinly sliced
- ☐ 0.5 teaspoon ground turmeric dried
- ☐ 0.5 cup rice flour (see notes)
- ☐ 1 tablespoon salad oil

☐

6 ounces tiny shrimp shelled rinsed cooked drained

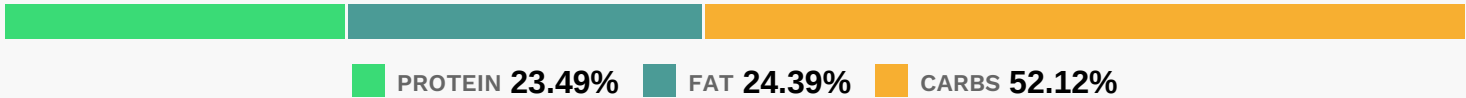
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ In a bowl, mix rice flour, cornstarch, and turmeric.
- ☐ Add 1 cup water (see notes) and the coconut milk, and whisk to blend. Stir in green onion.
- ☐ Set a 12-inch nonstick frying pan (about 10 inches across bottom) over high heat. When pan is hot, add 1 teaspoon oil and tilt to coat bottom.
- ☐ Stir rice flour batter to blend.
- ☐ Pour 1/2 cup batter into pan all at once and tilt pan to cover entire bottom evenly.
- ☐ Distribute 1/3 of the bean sprouts and 1/3 of the shrimp evenly over half the crepe. Cook, uncovered, until crepe is browned and crisp on the bottom, 7 to 10 minutes. Fold plain side over filled side, then slide crepe onto an ovenproof plate. Keep warm in a 200 regular or convection oven up to 25 minutes. Repeat to cook 2 more crepes.
- ☐ Add seasoned fish sauce to taste

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:14.16, Inflammation Score:-10, Nutrition Score:24.975652241836%

Flavonoids

Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 371.13kcal (18.56%), Fat: 10.71g (16.47%), Saturated Fat: 4.88g (30.51%), Carbohydrates: 51.5g (17.17%), Net Carbohydrates: 44.47g (16.17%), Sugar: 13.87g (15.41%), Cholesterol: 91.29mg (30.43%), Sodium: 169.63mg (7.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.21g (46.42%), Vitamin K: 115.77µg (110.26%), Manganese: 1.16mg (57.77%), Vitamin C: 43.04mg (52.17%), Folate: 199.89µg (49.97%), Copper: 0.84mg (41.9%), Phosphorus: 341.64mg (34.16%), Fiber: 7.03g (28.11%), Magnesium: 106.34mg (26.58%), Vitamin B2: 0.4mg (23.61%), Iron: 3.84mg (21.34%), Vitamin B1: 0.31mg (20.65%), Vitamin B6: 0.41mg (20.64%), Potassium: 715.23mg (20.44%), Vitamin B3: 3.27mg (16.33%), Zinc: 2.44mg (16.26%), Vitamin B5: 1.46mg (14.58%), Selenium: 7.59µg (10.84%), Calcium: 87.3mg (8.73%), Vitamin E: 1.22mg (8.16%), Vitamin A: 106.24IU (2.12%)