



Cream CrÃapes

 Vegetarian

READY IN



70 min.

SERVINGS



10

CALORIES



247 kcal

SIDE DISH

Ingredients

- 8 oz philadelphia cream cheese softened
- 3 eggs
- 0.7 cup flour
- 1 tsp lemon zest
- 1 cup milk
- 1 cup strawberry preserves
- 2 Tbsp sugar
- 2 Tbsp water

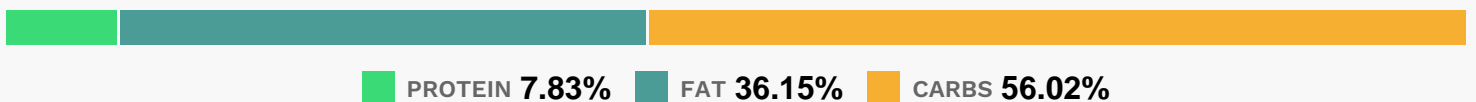
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- spatula

Directions

- Whisk eggs and milk in medium bowl until blended. Stir in flour.
- Let stand 30 min.
- Spray 8-inch skillet with cooking spray.
- Heat on medium heat.
- Pour 1/4 cup batter into skillet; tilt skillet to evenly cover bottom of skillet with batter. Cook 1 to 2 min. or until bottom of crpe is lightly browned. Run spatula round edge of crpe to loosen from pan; turn crpe. Cook 1 min. or until bottom of crpe is lightly browned.
- Remove from skillet; set aside. Repeat with remaining batter to make a total of 8 crpes.
- Beat cream cheese, sugar, lemon zest and juice until blended.
- Spread 2 rounded Tbsp. cream cheese mixture onto each crpe; fold into quarters.
- Place on dessert plates.
- Cook and stir preserves and water in saucepan on low heat 2 to 3 min. or until heated through. Spoon over crpes.

Nutrition Facts



Properties

Glycemic Index:26.51, Glycemic Load:19.73, Inflammation Score:-3, Nutrition Score:4.9221739794897%

Nutrients (% of daily need)

Calories: 247.08kcal (12.35%), Fat: 9.95g (15.31%), Saturated Fat: 5.46g (34.15%), Carbohydrates: 34.69g (11.56%), Net Carbohydrates: 34.07g (12.39%), Sugar: 20.99g (23.32%), Cholesterol: 74.94mg (24.98%), Sodium: 110.46mg (4.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.85g (9.7%), Selenium: 9.99µg (14.27%), Vitamin B2: 0.21mg (12.58%), Phosphorus: 90.53mg (9.05%), Vitamin A: 415.5IU (8.31%), Folate: 27.26µg (6.82%), Calcium: 67.84mg (6.78%), Vitamin B1: 0.1mg (6.34%), Vitamin B12: 0.3µg (4.99%), Vitamin B5: 0.47mg (4.67%), Iron: 0.81mg (4.51%), Vitamin C: 3.25mg (3.94%), Manganese: 0.08mg (3.88%), Vitamin D: 0.53µg (3.55%), Potassium: 120.22mg (3.43%), Zinc: 0.46mg (3.09%), Vitamin B6: 0.06mg (3.04%), Copper: 0.06mg (3.03%), Vitamin B3: 0.56mg (2.81%), Vitamin E: 0.39mg (2.61%), Fiber: 0.62g (2.48%), Magnesium: 9.81mg (2.45%)