



Cream CrÃapes

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



309 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

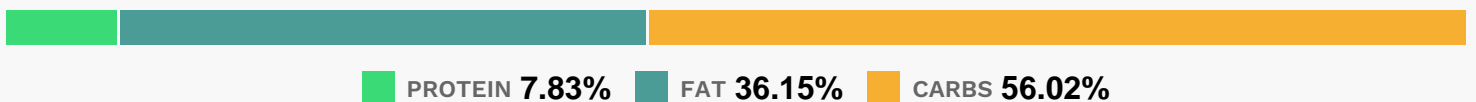
Equipment

- 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:33.14, Glycemic Load:24.66, Inflammation Score:-4, Nutrition Score:6.1530434670656%

Nutrients (% of daily need)

Calories: 308.85kcal (15.44%), Fat: 12.44g (19.14%), Saturated Fat: 6.83g (42.69%), Carbohydrates: 43.37g (14.46%), Net Carbohydrates: 42.59g (15.49%), Sugar: 26.24g (29.15%), Cholesterol: 93.67mg (31.22%), Sodium: 138.08mg (6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.06g (12.12%), Selenium: 12.48µg (17.83%), Vitamin B2: 0.27mg (15.72%), Phosphorus: 113.16mg (11.32%), Vitamin A: 519.37IU (10.39%), Folate: 34.08µg (8.52%), Calcium: 84.79mg (8.48%), Vitamin B1: 0.12mg (7.93%), Vitamin B12: 0.37µg (6.23%), Vitamin B5: 0.58mg (5.83%), Iron: 1.01mg (5.64%), Vitamin C: 4.06mg (4.92%), Manganese: 0.1mg (4.86%), Vitamin D: 0.67µg (4.44%), Potassium: 150.27mg (4.29%), Zinc: 0.58mg (3.86%), Vitamin B6: 0.08mg (3.8%), Copper: 0.08mg (3.79%), Vitamin B3: 0.7mg (3.51%), Vitamin E: 0.49mg (3.27%), Fiber: 0.78g (3.1%), Magnesium: 12.26mg (3.06%)