



Creamy Chicken Crepes

READY IN



55 min.

SERVINGS



8

CALORIES



261 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup firmly cheddar cheese packed grated
- ☐ 0.5 cup cream of chicken soup
- ☐ 2.5 cups meat from a rotisserie chicken cooked chopped
- ☐ 8 crêpes
- ☐ 1 teaspoon curry powder
- ☐ 8 servings salt and ground pepper black to taste
- ☐ 0.3 cup heavy whipping cream
- ☐ 1.5 teaspoons juice of lemon
- ☐ 2.5 tablespoons mayonnaise

☐ 1.5 tablespoons onion grated

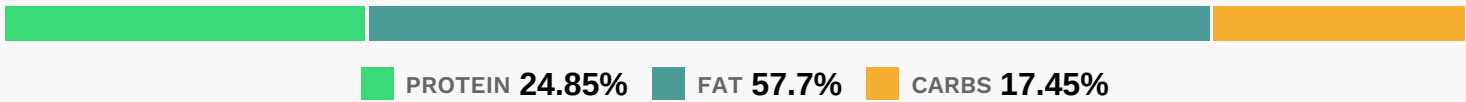
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 390 degrees F (199 degrees C).
- ☐ Mix condensed chicken soup, mayonnaise, cream, onion, lemon juice, curry powder, salt, and pepper together in a large bowl.
- ☐ Add chopped chicken; stir to combine.
- ☐ Divide chicken mixture equally in the center of each crepe. Fold sides and roll crepes.
- ☐ Place rolled crepes, seam-side down, in a baking dish.
- ☐ Sprinkle crepes with Cheddar cheese and drizzle with 1/3 cup cream.
- ☐ Bake in preheated oven until crepes are heated through and Cheddar cheese is golden and bubbling, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:23, Glycemic Load:0.64, Inflammation Score:-3, Nutrition Score:6.5591304587281%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 261.33kcal (13.07%), Fat: 16.5g (25.38%), Saturated Fat: 7.07g (44.18%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 11.09g (4.03%), Sugar: 4.53g (5.04%), Cholesterol: 67.2mg (22.4%), Sodium: 345.4mg (15.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.99g (31.98%), Selenium: 15.52µg (22.16%), Vitamin B3: 3.54mg (17.68%), Phosphorus: 161.89mg (16.19%), Calcium: 126.28mg (12.63%), Vitamin B6: 0.2mg (9.94%), Vitamin B2: 0.15mg (9.11%), Zinc: 1.27mg (8.5%), Vitamin K: 8.85µg (8.43%), Vitamin A: 339.86IU (6.8%), Iron: 1.01mg (5.59%), Vitamin B5: 0.55mg (5.52%), Vitamin B12: 0.3µg (4.96%), Potassium: 137.97mg (3.94%), Magnesium: 15.42mg (3.85%), Vitamin E: 0.48mg (3.22%), Copper: 0.06mg (2.8%), Vitamin B1: 0.04mg (2.5%), Manganese: 0.05mg (2.3%), Folate: 7.03µg (1.76%), Vitamin D: 0.25µg (1.68%)