



Creamy Chicken-Mushroom Crepes

READY IN



45 min.

SERVINGS



12

CALORIES



142 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 applewood-smoked bacon diced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 12 make-ahead crepes
- ☐ 1.3 cups milk fat-free
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 ounces gruyère cheese shredded
- ☐ 8 ounce pre mushrooms

- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup shallots minced (2)
- ☐ 1 pound chicken breasts boneless skinless cut into 1/2-inch pieces

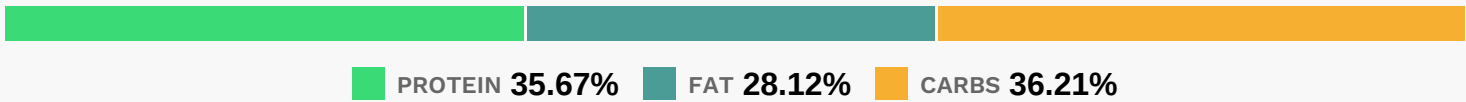
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Cook bacon in a large nonstick skillet over medium-high heat until crisp.
- ☐ Remove bacon from pan, reserving 1 1/2 teaspoons drippings in pan; set bacon aside.
- ☐ Add chicken to drippings in pan; saut 3 minutes or until browned.
- ☐ Add shallots, thyme, and mushrooms; saut 5 minutes or until tender.
- ☐ Combine milk and flour, stirring with a whisk until well blended. Gradually stir milk mixture into chicken mixture; bring to a boil. Reduce heat, and simmer until thick (about 2 minutes).
- ☐ Remove from heat; stir in bacon, cheese, parsley, salt, and pepper. Spoon about 1/4 cup chicken mixture in the center of each Make-Ahead Crepe; roll up.

Nutrition Facts



Properties

Glycemic Index:23.27, Glycemic Load:1.29, Inflammation Score:-4, Nutrition Score:7.4191304263861%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

Nutrients (% of daily need)

Calories: 141.54kcal (7.08%), Fat: 4.34g (6.67%), Saturated Fat: 1.87g (11.72%), Carbohydrates: 12.56g (4.19%), Net Carbohydrates: 12.13g (4.41%), Sugar: 6.05g (6.72%), Cholesterol: 37.33mg (12.44%), Sodium: 277.98mg (12.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.37g (24.74%), Vitamin B3: 4.81mg (24.06%), Selenium: 15.8µg

(22.57%), Vitamin B6: 0.34mg (17.25%), Phosphorus: 158.76mg (15.88%), Vitamin K: 11.25µg (10.71%), Vitamin B2: 0.17mg (9.94%), Calcium: 97.7mg (9.77%), Vitamin B5: 0.97mg (9.72%), Potassium: 272.78mg (7.79%), Vitamin B12: 0.32µg (5.27%), Vitamin B1: 0.07mg (4.85%), Magnesium: 18.43mg (4.61%), Zinc: 0.68mg (4.5%), Copper: 0.08mg (4.07%), Vitamin A: 173.38IU (3.47%), Iron: 0.61mg (3.38%), Vitamin C: 2.4mg (2.91%), Vitamin D: 0.39µg (2.61%), Folate: 10.19µg (2.55%), Manganese: 0.05mg (2.33%), Fiber: 0.43g (1.71%)