



Creamy Filled CrÃ¢pes Suzette

 Vegetarian

READY IN



90 min.

SERVINGS



8

CALORIES



332 kcal

SIDE DISH

Ingredients

- 7 Tbsp butter divided
- 8 oz philadelphia cream cheese softened
- 3 eggs
- 0.8 cup flour
- 2 Tbsp juice of lemon fresh
- 1 cup milk
- 0.3 cup orange juice
- 0.3 cup orange marmalade

5 Tbsp sugar divided

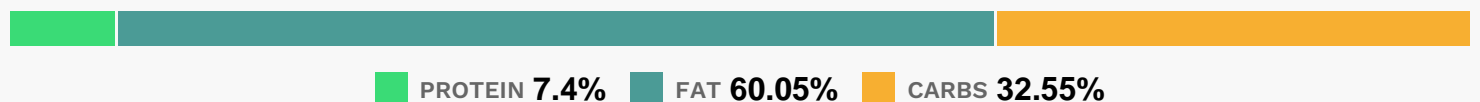
Equipment

- bowl
- frying pan
- whisk
- spatula

Directions

- Melt 3 Tbsp. butter.
- Add to eggs and milk in large bowl; whisk until blended.
- Add flour and 2 Tbsp. sugar; whisk until blended.
- Let stand 30 min.
- Spray 6- to 8-inch skillet with cooking spray; heat on medium heat.
- Pour 1/4 cup batter into skillet; tilt skillet to evenly cover bottom 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.
- Mix cream cheese and marmalade until blended; spread about 2 Tbsp. onto each crpe to within 1/2 inch of edge. Fold into quarters. Repeat with remaining crpes.
- Bring juices, remaining butter and sugar just to boil in large skillet on medium heat; cook 5 to 6 min. or until slightly thickened, stirring occasionally.
- Add folded crpes; cook on medium-low heat 5 to 6 min. or until heated through, occasionally spooning sauce over crepes.

Nutrition Facts



Properties

Glycemic Index:39.01, Glycemic Load:13.22, Inflammation Score:-5, Nutrition Score:6.6365217540575%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 331.81kcal (16.59%), Fat: 22.54g (34.68%), Saturated Fat: 13.22g (82.62%), Carbohydrates: 27.49g (9.16%), Net Carbohydrates: 27.07g (9.84%), Sugar: 17.08g (18.98%), Cholesterol: 120.39mg (40.13%), Sodium: 209.98mg (9.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.25g (12.51%), Selenium: 12.3µg (17.57%), Vitamin A: 856.84IU (17.14%), Vitamin B2: 0.25mg (14.85%), Phosphorus: 111.9mg (11.19%), Folate: 36.87µg (9.22%), Vitamin B1: 0.13mg (8.9%), Vitamin C: 7.1mg (8.6%), Calcium: 84.23mg (8.42%), Vitamin B12: 0.4µg (6.58%), Vitamin B5: 0.62mg (6.19%), Iron: 0.91mg (5.05%), Vitamin E: 0.74mg (4.96%), Manganese: 0.09mg (4.65%), Vitamin D: 0.67µg (4.44%), Potassium: 149.84mg (4.28%), Vitamin B3: 0.82mg (4.09%), Zinc: 0.58mg (3.9%), Vitamin B6: 0.08mg (3.79%), Magnesium: 12.58mg (3.14%), Copper: 0.05mg (2.44%), Fiber: 0.42g (1.67%), Vitamin K: 1.65µg (1.57%)