



Crêpe Filling

 **Gluten Free** Image not found or type unknown

READY IN

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ready

45 min.

SERVINGS

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servings

4

CALORIES

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calories

638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 teaspoons cajun poultry seasoning blend
- ☐ 9 ounce chiles green chopped canned
- ☐ 4 cloves garlic minced
- ☐ 1 bell pepper green coarsely chopped
- ☐ 1 bunch green onions sliced
- ☐ 1 large onion coarsely chopped
- ☐ 0.3 teaspoon pepper

- ☐ 1 bell pepper red coarsely chopped
- ☐ 0.3 teaspoon salt
- ☐ 2.5 cups meat from a rotisserie chicken shredded cooked
- ☐ 4 ounces swiss cheese shredded
- ☐ 1.5 cups whipping cream

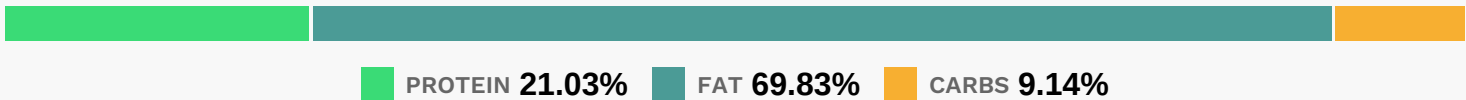
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large skillet over medium heat; add large chopped onion and next 4 ingredients, and cook, stirring constantly, 5 minutes or until tender.
- ☐ Stir in chiles and whipping cream; bring to a boil. Reduce heat, and simmer 15 minutes.
- ☐ Stir in cheese and next 4 ingredients; cook 3 minutes.
- ☐ Note: For Cajun poultry seasoning blend, we used Chef Paul Prudhomme's Poultry Magic.

Nutrition Facts



Properties

Glycemic Index:47.5, Glycemic Load:1.73, Inflammation Score:-9, Nutrition Score:26.140869575998%

Flavonoids

Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg, Luteolin: 1.59mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 9.03mg, Quercetin: 9.03mg, Quercetin: 9.03mg, Quercetin: 9.03mg

Nutrients (% of daily need)

Calories: 638.01kcal (31.9%), Fat: 50.08g (77.05%), Saturated Fat: 27.96g (174.77%), Carbohydrates: 14.75g (4.92%), Net Carbohydrates: 11.54g (4.2%), Sugar: 6.36g (7.07%), Cholesterol: 192.84mg (64.28%), Sodium: 579.1mg (25.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.94g (67.87%), Vitamin C: 89.32mg (108.26%), Vitamin A: 2918.11IU (58.36%), Selenium: 33.68µg (48.12%), Phosphorus: 423.59mg (42.36%), Vitamin B3: 7.93mg (39.66%), Calcium: 379.77mg (37.98%), Vitamin B6: 0.74mg (36.97%), Vitamin B2: 0.46mg (26.87%), Vitamin K:

27.79µg (26.47%), Vitamin B12: 1.26µg (20.94%), Zinc: 3.11mg (20.72%), Folate: 74.09µg (18.52%), Potassium: 585.55mg (16.73%), Iron: 2.85mg (15.82%), Vitamin B5: 1.45mg (14.5%), Manganese: 0.28mg (13.99%), Fiber: 3.22g (12.86%), Magnesium: 51.34mg (12.83%), Vitamin E: 1.74mg (11.58%), Vitamin B1: 0.14mg (9.62%), Vitamin D: 1.43µg (9.52%), Copper: 0.14mg (6.82%)