



Crepes

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



111 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 eggs
- 1 cup flour all-purpose
- 1 cup milk
- 1 pinch salt

Equipment

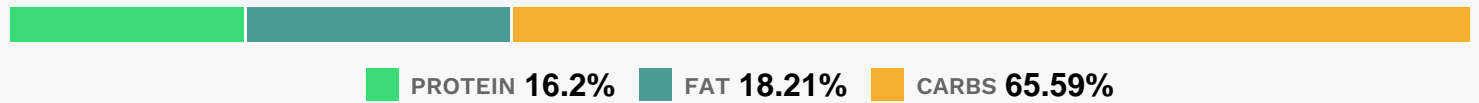
- frying pan
- whisk
- mixing bowl

- wok
- spatula

Directions

- In a medium-size mixing bowl, whisk together the flour, milk, egg and salt.
- Heat a large frying pan or wok over medium high heat. When the pan is hot add a teaspoon of butter and lightly coat the surface of the pan with the melted butter.
- Pour one quarter cup of the batter into the pan and tilt the pan with a circular motion so that the batter coats the surface in a smooth and even layer.
- After two minutes, lift up an edge of the crepe with a spatula to see if it is browning. When the underside has begun to brown, flip the crepe and cook the other side until it is also brown; about 2 minutes.
- Repeat steps 3 and 4 to cook the remaining crepes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:12.22, Inflammation Score:-2, Nutrition Score:4.8552173719458%

Nutrients (% of daily need)

Calories: 110.72kcal (5.54%), Fat: 2.2g (3.39%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 17.85g (5.95%), Net Carbohydrates: 17.29g (6.29%), Sugar: 2.04g (2.27%), Cholesterol: 32.16mg (10.72%), Sodium: 32.74mg (1.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Selenium: 10.09µg (14.41%), Vitamin B1: 0.19mg (12.62%), Vitamin B2: 0.19mg (11.33%), Folate: 41.57µg (10.39%), Phosphorus: 78.09mg (7.81%), Manganese: 0.15mg (7.29%), Vitamin B3: 1.28mg (6.39%), Iron: 1.1mg (6.08%), Calcium: 57.26mg (5.73%), Vitamin B12: 0.28µg (4.75%), Vitamin D: 0.59µg (3.96%), Vitamin B5: 0.36mg (3.55%), Zinc: 0.41mg (2.71%), Potassium: 93.41mg (2.67%), Magnesium: 10.34mg (2.59%), Vitamin B6: 0.05mg (2.32%), Fiber: 0.56g (2.25%), Vitamin A: 105.48IU (2.11%), Copper: 0.04mg (1.78%)