



# Crepes

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



79 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2 eggs
- 0.7 cup flour all-purpose
- 1 cup milk
- 1 pinch salt
- 1.5 teaspoons vegetable oil

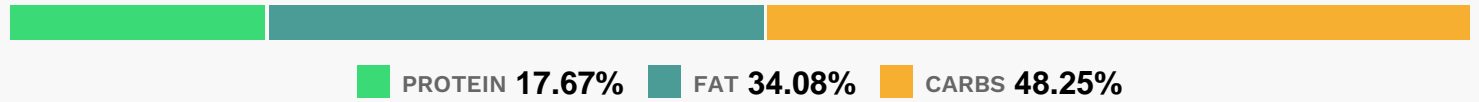
## Equipment

- frying pan
- blender

# Directions

- In a blender combine eggs, milk, flour, salt and oil. Process until smooth. Cover and refrigerate 1 hour.
- Heat a skillet over medium-high heat and brush with oil.
- Pour 1/4 cup of crepe batter into pan, tilting to completely coat the surface of the pan. Cook 2 to 5 minutes, turning once, until golden. Repeat with remaining batter.

# Nutrition Facts



# Properties

Glycemic Index:14.13, Glycemic Load:6.29, Inflammation Score:-1, Nutrition Score:3.5165217389231%

# Nutrients (% of daily need)

Calories: 79.41kcal (3.97%), Fat: 2.97g (4.57%), Saturated Fat: 1.06g (6.6%), Carbohydrates: 9.45g (3.15%), Net Carbohydrates: 9.17g (3.34%), Sugar: 1.54g (1.71%), Cholesterol: 44.58mg (14.86%), Sodium: 32.26mg (1.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Selenium: 7.49µg (10.7%), Vitamin B2: 0.14mg (8.46%), Vitamin B1: 0.1mg (6.88%), Phosphorus: 63.83mg (6.38%), Folate: 24.23µg (6.06%), Calcium: 45.24mg (4.52%), Vitamin B12: 0.26µg (4.38%), Manganese: 0.08mg (3.77%), Iron: 0.68mg (3.76%), Vitamin D: 0.56µg (3.7%), Vitamin B3: 0.66mg (3.28%), Vitamin B5: 0.33mg (3.28%), Zinc: 0.34mg (2.27%), Vitamin A: 108.81IU (2.18%), Vitamin B6: 0.04mg (2.09%), Potassium: 72.08mg (2.06%), Magnesium: 7.27mg (1.82%), Vitamin K: 1.71µg (1.63%), Vitamin E: 0.21mg (1.37%), Copper: 0.02mg (1.16%), Fiber: 0.28g (1.13%)