



# Crepes

 Vegetarian

READY IN



34 min.

SERVINGS



8

CALORIES



172 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 6 tablespoons butter melted plus more for pan
- 2 tablespoons cocoa powder
- 3 large eggs
- 0.8 cup flour all-purpose
- 1.3 cups milk
- 1 pinch salt

## Equipment

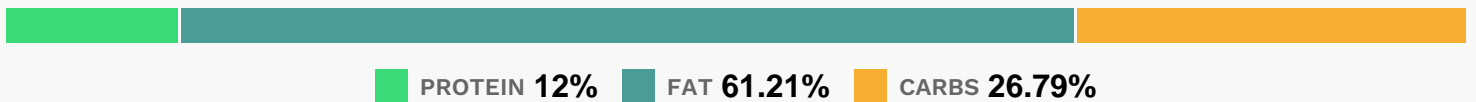
- frying pan

- whisk
- mixing bowl
- spatula

## Directions

- Various toppings: whipped cream, chocolate sauce, jams, powdered sugar, etc.
- In a medium mixing bowl, whisk the eggs.
- Add remaining ingredients and whisk vigorously until combined, small lumps are ok. Set batter aside to rest for 20 minutes.
- Heat an 8-inch nonstick saute pan over medium heat. Lightly brush the pan with melted butter.
- Pour 1/4 cup batter into the hot pan, twirling the pan so the batter spreads out evenly into a very thin layer. Cook about 30 seconds until the crepe comes away from the sides of the pan. Gently flip the crepe over with your fingers or the help of a rubber spatula and continue cooking another few seconds.
- Transfer to a plate and repeat cooking crepes until all the batter is used.
- Now the crepes can be filled and topped to your liking. Try whipped cream, chocolate sauce, hazelnut spread, butter, jam, caramel sauce, powdered sugar, peanut butter, fresh fruit etc.

## Nutrition Facts



## Properties

Glycemic Index:20.38, Glycemic Load:7.19, Inflammation Score:-3, Nutrition Score:5.5830434794011%

## Flavonoids

Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epicatechin: 2.46mg, Epicatechin: 2.46mg, Epicatechin: 2.46mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 172kcal (8.6%), Fat: 11.89g (18.29%), Saturated Fat: 6.86g (42.87%), Carbohydrates: 11.71g (3.9%), Net Carbohydrates: 10.93g (3.97%), Sugar: 2.09g (2.32%), Cholesterol: 97.21mg (32.4%), Sodium: 114.93mg (5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.48%), Selenium: 10.79µg (15.41%), Vitamin B2: 0.21mg

(12.13%), Phosphorus: 102.55mg (10.25%), Vitamin A: 429.52IU (8.59%), Vitamin B1: 0.12mg (8.25%), Folate: 30.97µg (7.74%), Vitamin B12: 0.4µg (6.74%), Manganese: 0.13mg (6.74%), Calcium: 66.4mg (6.64%), Iron: 1.05mg (5.82%), Vitamin D: 0.82µg (5.48%), Vitamin B5: 0.51mg (5.05%), Magnesium: 16.16mg (4.04%), Copper: 0.08mg (3.91%), Zinc: 0.59mg (3.9%), Vitamin B3: 0.78mg (3.9%), Potassium: 120.94mg (3.46%), Vitamin B6: 0.06mg (3.18%), Vitamin E: 0.47mg (3.13%), Fiber: 0.78g (3.12%)