



## Crepes

READY IN



35 min.

SERVINGS



12

CALORIES



121 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 1.5 cups flour all-purpose
- 1 tablespoon granulated sugar
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon salt
- 2 cups milk
- 2 tablespoons butter melted
- 0.5 teaspoon vanilla
- 2 eggs
- 1 serving shortening

- 1 serving apple sauce sweetened
- 1 serving powdered sugar

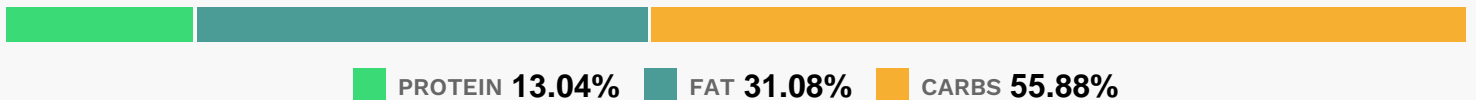
## Equipment

- bowl
- frying pan
- whisk
- spatula

## Directions

- In medium bowl, mix flour, granulated sugar, baking powder and salt. Stir in milk, 2 tablespoons butter, the vanilla and eggs. Beat with wire whisk just until smooth.
- Lightly butter 6- to 8-inch skillet or crepe pan.
- Heat over medium heat until bubbly. For each crepe, pour slightly less than 1/4 cup batter into skillet. Immediately tilt and rotate skillet so thin layer of batter covers bottom. Cook until light brown. Run wide spatula around edge to loosen; turn and cook other side until light brown. Repeat with remaining batter, buttering skillet as needed.
- Stack crepes, placing waxed paper between each; keep covered.
- Spread applesauce, sweetened berries, jelly or jam thinly over each warm crepe; roll up. (Be sure to fill crepes so when rolled the more attractive side is on the outside.)
- Sprinkle with powdered sugar.

## Nutrition Facts



## Properties

Glycemic Index:27.09, Glycemic Load:10.09, Inflammation Score:-2, Nutrition Score:4.4008695272648%

## Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

## Nutrients (% of daily need)

Calories: 120.51kcal (6.03%), Fat: 4.14g (6.37%), Saturated Fat: 2.23g (13.94%), Carbohydrates: 16.75g (5.58%), Net Carbohydrates: 16.22g (5.9%), Sugar: 4.65g (5.17%), Cholesterol: 37.18mg (12.39%), Sodium: 155.99mg (6.78%), Alcohol: 0.06g (100%), Alcohol %: 0.09% (100%), Protein: 3.91g (7.82%), Selenium: 8.39µg (11.98%), Vitamin B1: 0.15mg (10.08%), Vitamin B2: 0.17mg (10.07%), Folate: 32.42µg (8.1%), Phosphorus: 77.2mg (7.72%), Calcium: 67.33mg (6.73%), Manganese: 0.11mg (5.68%), Iron: 0.9mg (4.99%), Vitamin B3: 0.98mg (4.9%), Vitamin B12: 0.29µg (4.81%), Vitamin D: 0.59µg (3.96%), Vitamin B5: 0.34mg (3.4%), Vitamin A: 166.74IU (3.33%), Potassium: 96.26mg (2.75%), Zinc: 0.38mg (2.51%), Magnesium: 9.62mg (2.4%), Vitamin B6: 0.05mg (2.35%), Fiber: 0.53g (2.14%), Copper: 0.03mg (1.56%), Vitamin E: 0.18mg (1.21%)