



Crepes

READY IN



35 min.

SERVINGS



12

CALORIES



204 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 12 servings shortening
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 tablespoon granulated sugar
- ☐ 12 servings apple sauce sweetened
- ☐ 2 cups milk
- ☐ 12 servings powdered sugar

- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon vanilla

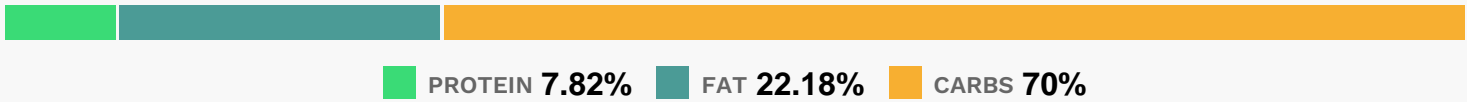
Equipment

- ☐ 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:-3, Nutrition Score:5.5413043136182%

Flavonoids

Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 204.11kcal (10.21%), Fat: 5.17g (7.95%), Saturated Fat: 2.47g (15.43%), Carbohydrates: 36.71g (12.24%), Net Carbohydrates: 34.95g (12.71%), Sugar: 22.33g (24.81%), Cholesterol: 37.18mg (12.39%), Sodium: 158.41mg (6.89%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Protein: 4.1g (8.2%), Selenium: 8.76µg (12.52%), Vitamin B2: 0.21mg (12.12%), Vitamin B1: 0.18mg (12.03%), Folate: 35.77µg (8.94%), Phosphorus: 82.79mg (8.28%), Calcium: 71.88mg (7.19%), Manganese: 0.14mg (7.09%), Fiber: 1.76g (7.06%), Iron: 1.16mg (6.44%), Vitamin B3: 1.07mg (5.37%), Potassium: 179.16mg (5.12%), Vitamin B12: 0.29µg (4.81%), Vitamin A: 199.17IU (3.98%), Vitamin D: 0.59µg (3.96%), Vitamin B5: 0.39mg (3.92%), Vitamin B6: 0.08mg (3.86%), Magnesium: 12.97mg (3.24%), Copper: 0.06mg (3.1%), Vitamin E: 0.42mg (2.78%), Zinc: 0.41mg (2.74%), Vitamin C: 1.22mg (1.48%), Vitamin K: 1.5µg (1.42%)