



Crepes

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



125 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 1 eggs
- ☐ 0.5 cup flour
- ☐ 0.8 cup milk
- ☐ 0.1 teaspoon salt

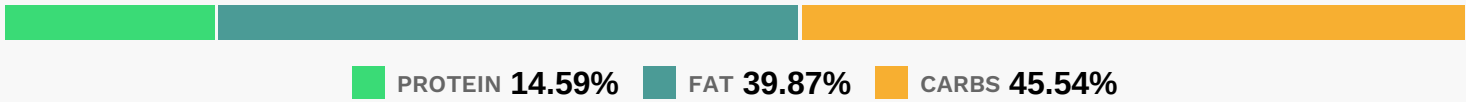
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix everything in a large bowl.
- ☐ Pour 1/4 cup of the mixture into a lightly buttered pan heated at medium.Tilt the pan and turn so that the mixture evenly coats the entire bottom of the pan.Cook the crepe until golden brown on the bottom, about 2 minutes.Flip and cook the other side until golden brown.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:9.44, Inflammation Score:-2, Nutrition Score:4.7769565141719%

Nutrients (% of daily need)

Calories: 125.15kcal (6.26%), Fat: 5.5g (8.46%), Saturated Fat: 3.02g (18.87%), Carbohydrates: 14.14g (4.71%), Net Carbohydrates: 13.72g (4.99%), Sugar: 2.29g (2.54%), Cholesterol: 53.94mg (17.98%), Sodium: 128.49mg (5.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.53g (9.06%), Selenium: 9.58µg (13.68%), Vitamin B2: 0.19mg (11.28%), Vitamin B1: 0.15mg (10.19%), Phosphorus: 85.7mg (8.57%), Folate: 33.87µg (8.47%), Calcium: 65.66mg (6.57%), Vitamin B12: 0.35µg (5.85%), Manganese: 0.11mg (5.58%), Iron: 0.92mg (5.1%), Vitamin B3: 0.98mg (4.9%), Vitamin D: 0.72µg (4.82%), Vitamin A: 220.98IU (4.42%), Vitamin B5: 0.41mg (4.12%), Zinc: 0.44mg (2.95%), Potassium: 101.38mg (2.9%), Vitamin B6: 0.05mg (2.68%), Magnesium: 10.32mg (2.58%), Fiber: 0.42g (1.69%), Copper: 0.03mg (1.55%), Vitamin E: 0.23mg (1.53%)