



## Crêpes

 Vegetarian

READY IN



45 min.

SERVINGS



7

CALORIES



145 kcal

MORNING MEAL

BRUNCH

BREAKFAST


## Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 3 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup milk

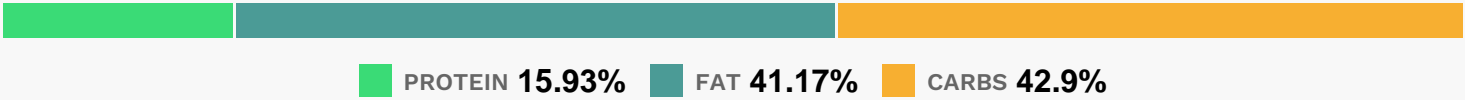
## Equipment

- ☐ frying pan
- ☐ blender
- ☐ spatula

# Directions

 In a blender, combine 3 large eggs, 1 cup milk, 1 cup all-purpose flour, and 2 tablespoons melted butter; whirl until smooth. Set a 10-inch nonstick frying pan over medium to medium-high heat. When hot, coat lightly with melted butter. Immediately pour 1/3 cup crpe batter into hot pan and tilt to coat bottom. If there are a few holes, drizzle with a little batter to fill in. Cook crpe until edge is lightly browned and surface looks dry, 30 to 60 seconds. Run a spatula under crpe edge to loosen. Turn over and brown other side lightly, 10 to 20 seconds. Tip pan over a plate to release crpe. Repeat to cook remaining batter, stacking cooked crpes.

## Nutrition Facts



## Properties

Glycemic Index:23.29, Glycemic Load:10.48, Inflammation Score:-3, Nutrition Score:5.7043477491192%

## Nutrients (% of daily need)

Calories: 145.24kcal (7.26%), Fat: 6.57g (10.11%), Saturated Fat: 3.4g (21.27%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 14.93g (5.43%), Sugar: 1.81g (2.01%), Cholesterol: 92.5mg (30.83%), Sodium: 69.75mg (3.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.44%), Selenium: 13.33µg (19.05%), Vitamin B2: 0.24mg (13.86%), Vitamin B1: 0.17mg (11.23%), Folate: 42.87µg (10.72%), Phosphorus: 97.88mg (9.79%), Iron: 1.2mg (6.69%), Manganese: 0.13mg (6.46%), Vitamin B12: 0.39µg (6.43%), Calcium: 58.51mg (5.85%), Vitamin B3: 1.11mg (5.54%), Vitamin A: 272.14IU (5.44%), Vitamin D: 0.81µg (5.41%), Vitamin B5: 0.54mg (5.41%), Zinc: 0.55mg (3.65%), Vitamin B6: 0.07mg (3.28%), Potassium: 101.92mg (2.91%), Magnesium: 10.76mg (2.69%), Vitamin E: 0.35mg (2.31%), Copper: 0.04mg (2.07%), Fiber: 0.48g (1.93%)