



## Crepes Buffet

 Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



1209 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 2 amaretto liquer
- 0.5 pound bacon chopped
- 32 ounce cherries black pitted canned
- 0.3 cup brandy
- 3 cups broccoli florets
- 2 tablespoons butter
- 3 tablespoons butter melted
- 4 tablespoons butter melted

- 0.3 teaspoon cayenne pepper
- 1 stick cinnamon
- 0.3 cup confectioners' sugar for dusting
- 1 tablespoon cornstarch
- 1 pound baked ham from deli counter thick sliced chopped
- 6 eggs beaten
- 1 cup flour all-purpose
- 2 tablespoons flour all-purpose
- 2 boxes pkt spinach frozen drained chopped
- 0.3 cup heavy cream
- 12 ounces lump crab meat fresh cooked
- 1.5 cups milk
- 1 pound mushrooms cleaned sliced
- 6 servings nutmeg freshly grated
- 1 tablespoon olive oil extra-virgin
- 1 orange zest
- 0.5 cup parmigiano-reggiano grated
- 1 teaspoon salt
- 6 servings salt and pepper black freshly ground
- 1 shallots chopped
- 2 cups sharp cheddar shredded
- 3 tablespoons warm water
- 1.5 cups milk whole

## Equipment

- bowl
- frying pan
- sauce pan
- ladle

- oven
- whisk
- toothpicks
- microwave
- kitchen towels
- spatula

## Directions

- For the crepe batter, combine flour and salt in a bowl and make a well in the center.
- Add eggs milk and brandy to the well and whisk to combine. Stir in melted butter. Cover batter and set aside for 25 minutes.
- For the white sauce, cook butter and flour 2 minutes over moderate heat in a preheated medium saucepan.
- Whisk in milk and season sauce with salt, pepper, nutmeg and cayenne. Simmer over low heat 15 minutes, stirring occasionally. Stir in cream and heat sauce through, another 5 minutes over low heat. Turn burner to warm and stir sauce occasionally to avoid a skin forming.
- Whisk in a little milk if sauce thickens too much to ladle.
- To assemble fillings, place cheeses in small bowls with serving spoons. Cook broccoli florets in simmering water or in 1 cup of water in the microwave for 3 minutes on high.
- Drain and place steamed broccoli in a bowl. Defrost spinach in the microwave oven and drain well.
- Transfer drained spinach to a kitchen towel and wring to remove any residual liquid. Fluff spinach with finger tips and set into a small serving dish.
- Place chopped ham into a bowl with serving fork.
- Drain and separate lump crab meat and place in a serving dish with a seafood fork.
- For the bacon and mushroom filling, heat a small skillet over medium high heat.
- Add oil and bacon and saute 3 minutes.
- Add chopped shallots and sliced mushrooms. Season the filling with salt and pepper and cook 5 minutes until mushrooms are just tender.
- Transfer filling to a serving bowl.
- To make the dessert filling, drain cherries over a saucepan to catch the juice.

- Heat the juice, orange zest and cinnamon to a bubble over moderate heat.
- Combine cornstarch with water and stir to the hot juice.
- Remove the cinnamon stick. Allow sauce to thicken then stir in cherries and Kirsch or Amaretto and keep sauce warm over very low heat. When your are ready to serve dessert, place filling in crepes, wrap and brush with melted butter. Top crepes with powdered sugar and serve.
- When guests arrive, allow them to help make their own crepes to order. Crepes should be made in a nonstick skillet over medium heat. Cover the bottom of the pan with just enough batter to coat. Turn the crepes with a toothpick or a very thin spatula.
- Possible combinations for fillings: cheese or cheeses melted into white sauce with broccoli and/or spinach, warm white sauce with crab, ham with cheese or ham with cheesy white sauce, cheese with bacon mushroom filling, etc. The fillings are only limited by one's taste buds.

## Nutrition Facts

**PROTEIN 21.43%**

**FAT 57.15%**

**CARBS 21.42%**

### Properties

Glycemic Index:113, Glycemic Load:17.11, Inflammation Score:-10, Nutrition Score:64.187391032343%

### Flavonoids

Cyanidin: 49.24mg, Cyanidin: 49.24mg, Cyanidin: 49.24mg, Cyanidin: 49.24mg Peonidin: 1.32mg, Peonidin: 1.32mg, Peonidin: 1.32mg, Peonidin: 1.32mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epicatechin: 5.79mg, Epicatechin: 5.79mg, Epicatechin: 5.79mg, Epicatechin: 5.79mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg, Isorhamnetin: 1.09mg Kaempferol: 3.93mg, Kaempferol: 3.93mg, Kaempferol: 3.93mg, Kaempferol: 3.93mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

### Nutrients (% of daily need)

Calories: 1208.96kcal (60.45%), Fat: 76.42g (117.57%), Saturated Fat: 36.03g (225.22%), Carbohydrates: 64.42g (21.47%), Net Carbohydrates: 55.55g (20.2%), Sugar: 29.86g (33.17%), Cholesterol: 373.64mg (124.55%), Sodium: 2731.2mg (118.75%), Alcohol: 3.43g (100%), Alcohol %: 0.52% (100%), Protein: 64.48g (128.97%), Vitamin K: 407µg (387.62%), Vitamin A: 14947.39IU (298.95%), Selenium: 96.24µg (137.48%), Vitamin B12: 7.41µg (123.45%), Phosphorus: 989.72mg (98.97%), Vitamin B2: 1.56mg (91.92%), Vitamin C: 69.73mg (84.52%), Calcium: 773.42mg (77.34%), Vitamin B1: 1.11mg (74.01%), Folate: 294.67µg (73.67%), Manganese: 1.37mg (68.68%), Zinc: 9.81mg (65.37%), Copper: 1.27mg (63.74%), Vitamin B3: 11.29mg (56.44%), Vitamin B6: 1.08mg (54.1%), Potassium: 1731.1mg

(49.46%), Magnesium: 193.41mg (48.35%), Vitamin B5: 3.95mg (39.5%), Vitamin E: 5.45mg (36.31%), Fiber: 8.86g (35.46%), Iron: 6.35mg (35.27%), Vitamin D: 3.48µg (23.2%)