



Crêpes Con Queso

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



369 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup chicken broth
- 1 tablespoon chili powder
- 4 servings cilantro leaves fresh
- 3 large eggs
- 1 cup flour all-purpose
- 1 teaspoon salt
- 4 ounces cheddar cheese shredded
- 0.5 cup cornmeal yellow

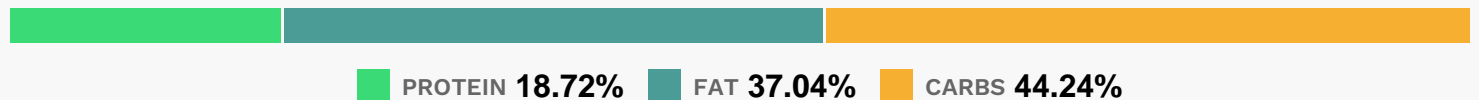
Equipment

- food processor
- bowl
- frying pan
- oven
- knife
- baking pan

Directions

- Position knife blade in food processor bowl; add flour and next 5 ingredients. Process until smooth. Cover batter, and refrigerate at least 2 hours.
- Coat an 8-inch nonstick skillet with cooking spray; place over medium heat until hot.
- Pour 1/3 cup batter into pan; quickly tilt pan in all directions so batter covers bottom of pan. Cook 1 minute or until crpe can be shaken loose from pan. Turn crpe over, and cook about 30 seconds.
- Place crpe on a towel to cool. Repeat procedure with remaining batter.
- Spoon about 1/2 cup Crpe Filling on half of each crpe; roll up, and place seam side down, in a lightly greased 13- x 9- x 2-inch baking dish.
- Sprinkle crpes evenly with Cheddar cheese.
- Bake at 300 for 5 minutes or until cheese melts.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:50.63, Glycemic Load:26.08, Inflammation Score:-7, Nutrition Score:15.481739201785%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 368.55kcal (18.43%), Fat: 15.09g (23.21%), Saturated Fat: 6.93g (43.31%), Carbohydrates: 40.55g (13.52%), Net Carbohydrates: 37.14g (13.51%), Sugar: 1.02g (1.14%), Cholesterol: 169.02mg (56.34%), Sodium: 1072.25mg (46.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.16g (34.33%), Selenium: 31.97µg (45.67%), Vitamin B2: 0.52mg (30.76%), Phosphorus: 290.96mg (29.1%), Calcium: 236.69mg (23.67%), Vitamin B1: 0.35mg (23.04%), Folate: 88.15µg (22.04%), Vitamin A: 1087.49IU (21.75%), Manganese: 0.42mg (20.84%), Iron: 3.14mg (17.44%), Zinc: 2.49mg (16.59%), Vitamin B3: 2.74mg (13.7%), Fiber: 3.41g (13.64%), Vitamin B6: 0.26mg (12.82%), Magnesium: 43.9mg (10.98%), Vitamin B12: 0.65µg (10.77%), Vitamin E: 1.49mg (9.92%), Vitamin B5: 0.97mg (9.71%), Copper: 0.16mg (7.95%), Potassium: 221.23mg (6.32%), Vitamin D: 0.92µg (6.13%), Vitamin K: 3.35µg (3.19%)