



Crepes Fitzgerald

 Vegetarian

READY IN



40 min.

SERVINGS



2

CALORIES



961 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 ounces butter plus more for greasing pan
- ☐ 2 ounces cream cheese
- ☐ 2 eggs
- ☐ 0.8 cup flour
- ☐ 5 tablespoons grand marnier
- ☐ 2 servings milk
- ☐ 1 pinch salt
- ☐ 2 tablespoons cup heavy whipping cream sour

- ☐ 5 ounces strawberries hulled
- ☐ 1 teaspoon caster sugar
- ☐ 2 ounces sugar

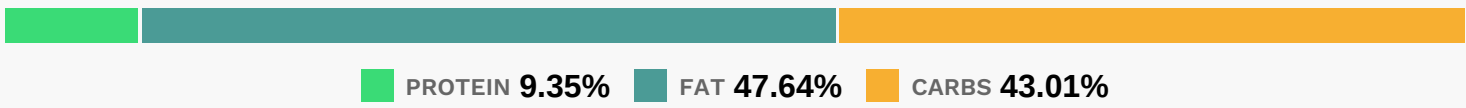
Equipment

- ☐ frying pan

Directions

- ☐ To make crepes, mix eggs with flour, sugar and salt.
- ☐ Add milk and beat until mixture is smooth.
- ☐ Heat 6-inch crepe pan and add a small nut of butter to grease pan.
- ☐ Pour some batter into pan and cook until the bottom is golden. Turn and cook other side. Grease pan in between making each crepe.
- ☐ Combine cream cheese and sour cream to make a thick paste.
- ☐ Spread some on each crepe and roll up.
- ☐ Place rolled crepes in a buttered pan. Warm the marnique or Grand Marnier.
- ☐ Combine sugar and butter in a pan, then add strawberries.
- ☐ Pour over crepes.
- ☐ Add warmed liqueurs and set alight.

Nutrition Facts



Properties

Glycemic Index:185.09, Glycemic Load:53.44, Inflammation Score:-9, Nutrition Score:25.533478508825%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.61mg, Pelargonidin: 17.61mg, Pelargonidin: 17.61mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg,

Peonidin: 0.04mg Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg, Epicatechin 3–gallate: 0.11mg Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 961.22kcal (48.06%), Fat: 47.95g (73.76%), Saturated Fat: 27.55g (172.18%), Carbohydrates: 97.37g (32.46%), Net Carbohydrates: 94.68g (34.43%), Sugar: 59.35g (65.94%), Cholesterol: 289.62mg (96.54%), Sodium: 454.55mg (19.76%), Alcohol: 9.75g (100%), Alcohol %: 2.28% (100%), Caffeine: 9.75mg (3.25%), Protein: 21.18g (42.36%), Selenium: 37.78µg (53.97%), Vitamin B2: 0.89mg (52.37%), Vitamin C: 41.78mg (50.64%), Phosphorus: 449.7mg (44.97%), Calcium: 390.24mg (39.02%), Vitamin B1: 0.55mg (36.74%), Vitamin A: 1805.33IU (36.11%), Folate: 127.59µg (31.9%), Manganese: 0.63mg (31.37%), Vitamin B12: 1.85µg (30.75%), Vitamin D: 3.56µg (23.76%), Vitamin B5: 2.11mg (21.12%), Potassium: 656.4mg (18.75%), Iron: 3.32mg (18.44%), Vitamin B3: 3.43mg (17.17%), Vitamin B6: 0.3mg (14.96%), Magnesium: 59.53mg (14.88%), Zinc: 2.22mg (14.78%), Vitamin E: 1.76mg (11.77%), Fiber: 2.68g (10.73%), Copper: 0.16mg (8%), Vitamin K: 5.32µg (5.07%)