



Crêpes Milanese

READY IN



45 min.

SERVINGS



2

CALORIES



181 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 to 8 asparagus spears rinsed ()
- ☐ 2 crêpes thin (8 in.)
- ☐ 2 large eggs
- ☐ 2 tablespoons parmesan cheese shredded
- ☐ 0.5 oz pancetta thin
- ☐ 2 servings salt and pepper

Equipment

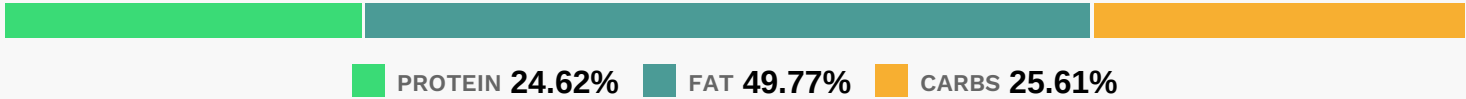
- ☐ frying pan

- ☐ oven
- ☐ ramekin

Directions

- ☐ Gently fit each crpe, dark side up, into a buttered shallow ramekin (about 4- by 6-in. oval or 4- to 5-in. round); edges will extend over rim.
- ☐ Lay 1 slice prosciutto smoothly over each crpe. Crack an egg; holding close to prosciutto, pull shell apart to let egg flow gently into 1 ramekin. Repeat step for second ramekin. Set ramekins in a 10- by 15-inch pan.
- ☐ Bake in 375 regular or convection oven just until egg yolk is softly set, 8 to 10 minutes.
- ☐ Meanwhile, in a 10- to 12-inch frying pan over high heat, bring about 1 inch water to a boil.
- ☐ Add asparagus and cook just until barely tender when pierced, 4 to 6 minutes.
- ☐ Drain.
- ☐ Divide asparagus equally between ramekins, laying spears beside eggs.
- ☐ Sprinkle with cheese, and add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:0.32, Inflammation Score:-4, Nutrition Score:9.46869565093%

Flavonoids

Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg

Nutrients (% of daily need)

Calories: 181.23kcal (9.06%), Fat: 9.91g (15.25%), Saturated Fat: 3.84g (24.03%), Carbohydrates: 11.48g (3.83%), Net Carbohydrates: 10.47g (3.81%), Sugar: 5.1g (5.67%), Cholesterol: 200.04mg (66.68%), Sodium: 471.72mg (20.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.03g (22.06%), Selenium: 19µg (27.15%), Vitamin K: 20.2µg (19.24%), Vitamin B2: 0.32mg (18.74%), Phosphorus: 168.87mg (16.89%), Vitamin A: 674.55IU (13.49%), Folate: 48.81µg (12.2%), Iron: 2.15mg (11.97%), Calcium: 109.13mg (10.91%), Vitamin B5: 0.96mg (9.6%), Vitamin B12: 0.54µg (9.01%), Vitamin B6: 0.15mg (7.6%), Zinc: 1.13mg (7.51%), Vitamin E: 1.11mg (7.39%), Vitamin B1: 0.11mg (7.34%),

Vitamin D: 1.05µg (7.02%), Copper: 0.13mg (6.57%), Potassium: 184.63mg (5.28%), Manganese: 0.09mg (4.61%),
Vitamin B3: 0.81mg (4.03%), Fiber: 1.01g (4.03%), Magnesium: 15.78mg (3.94%), Vitamin C: 2.69mg (3.26%)