



Crepes Suzette

READY IN



36 min.

SERVINGS



4

CALORIES



1002 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 pound butter softened
- ☐ 3 tablespoons butter melted
- ☐ 4 servings butter for coating the pan
- ☐ 2 large eggs
- ☐ 1 cup flour
- ☐ 4 ounces tequila your favorite
- ☐ 0.8 cup milk
- ☐ 2 tablespoons liqueur your favorite
- ☐ 2.5 tablespoons sugar

- ☐ 4 tablespoons sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 4 scoops whipped cream
- ☐ 0.5 cup water

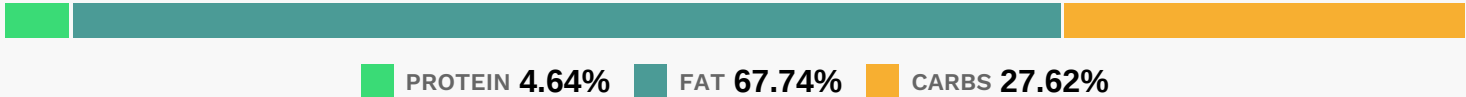
Equipment

- ☐ frying pan
- ☐ blender
- ☐ ziploc bags
- ☐ tongs
- ☐ cutting board

Directions

- ☐ Fold your crepes in half twice, so they are in the shape of a triangle. In a non-stick pan over medium heat, melt half of the butter. When it begins to foam remove from heat and add 2 ounces of the liquor and 2 tablespoons of the sugar. Always add alcohol off of the heat to avoid a jumping flame. Use tongs to gently lay crepes into the pan. Turn the crepes to coat.
- ☐ Lay the crepes out on a plate and top with ice cream.
- ☐ Pour remaining sauce over the ice cream.
- ☐ Serve immediately.
- ☐ In a blender, combine all of the ingredients and pulse for 10 seconds.
- ☐ Place the crepe batter in the refrigerator for 1 hour. This allows the bubbles to subside so the crepes will be less likely to tear during cooking. The batter will keep for up to 48 hours.
- ☐ Heat a small non-stick pan.
- ☐ Add butter to coat.
- ☐ Pour 1 ounce of batter into the center of the pan and swirl to spread evenly. Cook for 30 seconds and flip. Cook for another 10 seconds and remove to the cutting board.
- ☐ Lay them out flat so they can cool. Continue until all batter is gone. After they have cooled you can stack them and store in sealable plastic bags in the refrigerator for several days or in the freezer for up to two months. When using frozen crepes, thaw on a rack before gently peeling apart.

Nutrition Facts



Properties

Glycemic Index:119.8, Glycemic Load:40.92, Inflammation Score:-8, Nutrition Score:13.529130416072%

Nutrients (% of daily need)

Calories: 1001.88kcal (50.09%), Fat: 70.02g (107.73%), Saturated Fat: 43.27g (270.46%), Carbohydrates: 64.24g (21.41%), Net Carbohydrates: 62.93g (22.88%), Sugar: 38.88g (43.2%), Cholesterol: 282.76mg (94.25%), Sodium: 572.6mg (24.9%), Alcohol: 12.8g (100%), Alcohol %: 4.97% (100%), Protein: 10.8g (21.61%), Vitamin A: 2291.23IU (45.82%), Vitamin B2: 0.52mg (30.62%), Selenium: 21.17µg (30.24%), Phosphorus: 217.28mg (21.73%), Vitamin B1: 0.31mg (20.89%), Folate: 74.4µg (18.6%), Calcium: 177.96mg (17.8%), Vitamin E: 2.18mg (14.51%), Vitamin B12: 0.85µg (14.16%), Manganese: 0.24mg (11.77%), Vitamin B5: 1.15mg (11.54%), Iron: 1.98mg (11.02%), Vitamin B3: 2.03mg (10.13%), Zinc: 1.27mg (8.44%), Potassium: 287.67mg (8.22%), Vitamin D: 1.14µg (7.57%), Magnesium: 26.46mg (6.62%), Vitamin B6: 0.12mg (5.93%), Vitamin K: 5.56µg (5.29%), Fiber: 1.31g (5.22%), Copper: 0.09mg (4.57%)