



Crepes Suzette

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



619 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 4 tablespoons butter
- 3 large eggs
- 1.5 cups flour all-purpose
- 0.3 cup juice of lemon freshly squeezed
- 0.5 tablespoon lemon zest
- 0.8 cup milk cold
- 1 pinch salt
- 1 tablespoon sugar

- 0.5 cup butter unsalted
- 0.8 cup water cold
- 0.3 cup granulated sugar white

Equipment

- frying pan
- ladle
- baking paper
- blender
- spatula

Directions

- Combine all liquid ingredients in a blender.
- Add the dry ingredients and 1/4 cup melted butter; mix on high.
- Let batter rest for 30 minutes.
- Heat a nonstick 10 inch skillet over medium high heat.
- Brush bottom and sides of pan with a bit of melted butter. Ladle 1/2 cup batter into skillet and swirl to coat bottom evenly. Cook until lightly browned, about 1-2 minutes. Using a spatula or your fingers, flip the crepe and cook the other side until lightly browned, about 30 seconds to 1 minute.
- Transfer crepes to a platter.
- Layer crepes over each other with parchment paper in between. If necessary, add more butter to the pan. Repeat with the rest of the batter. FOR THE SAUCE: Melt 1/4 cup butter in a skillet over LOW fire.
- Add the sugar and allow to melt. Be patient. Make sure that the heat is at its lowest.
- Add the lemon juice and mix well.
- Add the lemon zest.
- Add the crepes, 3-4 at a time and allow to cook in the sauce for 1 minute.
- Remove from the pan. Arrange on a plate and pour the sauce over the crepes and serve warm. Makes 8 crepes. Serving size is 2 crepes.

Nutrition Facts

PROTEIN 7.36% FAT 57.55% CARBS 35.09%

Properties

Glycemic Index:75.8, Glycemic Load:37.52, Inflammation Score:-7, Nutrition Score:13.706956521739%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 618.91kcal (30.95%), Fat: 39.95g (61.46%), Saturated Fat: 23.88g (149.22%), Carbohydrates: 54.81g (18.27%), Net Carbohydrates: 53.42g (19.43%), Sugar: 18.38g (20.42%), Cholesterol: 236.1mg (78.7%), Sodium: 176.97mg (7.69%), Protein: 11.49g (22.99%), Selenium: 28.81µg (41.16%), Vitamin B2: 0.49mg (28.61%), Vitamin B1: 0.41mg (27.65%), Folate: 107.83µg (26.96%), Vitamin A: 1336.86IU (26.74%), Phosphorus: 182.56mg (18.26%), Manganese: 0.34mg (16.78%), Iron: 2.87mg (15.92%), Vitamin B3: 2.88mg (14.39%), Vitamin D: 1.68µg (11.19%), Vitamin B12: 0.65µg (10.88%), Vitamin B5: 1.02mg (10.2%), Calcium: 97.89mg (9.79%), Vitamin E: 1.45mg (9.68%), Vitamin C: 6.87mg (8.33%), Zinc: 1.05mg (7.02%), Vitamin B6: 0.12mg (6.09%), Magnesium: 22.62mg (5.66%), Potassium: 197.92mg (5.65%), Fiber: 1.39g (5.56%), Copper: 0.11mg (5.54%), Vitamin K: 3.36µg (3.2%)