



Crêpes Suzette

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



261 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.1 lb butter
- ☐ 0.3 cup cognac
- ☐ 12 crêpes thin (6 or 7 in.)
- ☐ 0.3 cup orange-flavor liqueur such as grand marnier
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup orange juice
- ☐ 2 teaspoons orange peel grated

☐ 6 tablespoons sugar

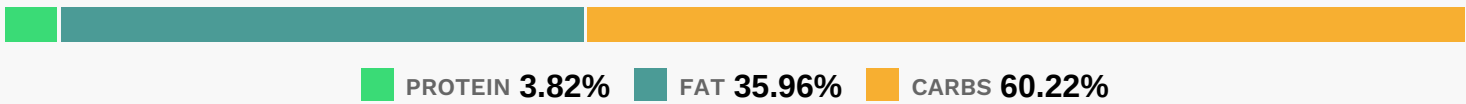
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Fold crpes in half, pale surfaces inside, and lay, overlapping, on a plate.
- ☐ In a bowl, mix orange and lemon peel with orange and lemon juice.
- ☐ In a 10- to 12-inch frying pan or chafing dish over high heat, melt sugar, shaking pan often, until it turns amber, about 2 minutes. Reduce heat to low and add juice mixture all at once; sugar hardens. Stir until sugar dissolves.
- ☐ Add butter and stir until melted.
- ☐ With 2 large spoons and working quickly, lay 1 folded crpe at a time in sauce, turn over, fold crpe again to make a triangle, and push to a side of the pan. Repeat to moisten and fold each crpe, overlapping as needed to fit in pan.
- ☐ Pour liqueur and cognac over crpes; when liqueurs are slightly warm, about 30 seconds, ignite (not beneath an exhaust fan or flammable items). Shake pan or spoon sauce over crpes until flame dies.
- ☐ Let simmer 1 or 2 minutes, then spoon crpes and sauce onto plates. Accompany with ice cream.

Nutrition Facts



Properties

Glycemic Index:27.43, Glycemic Load:9.77, Inflammation Score:-4, Nutrition Score:2.1739130514147%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 4.88mg, Hesperetin: 4.88mg, Hesperetin: 4.88mg, Hesperetin: 4.88mg Naringenin: 1.63mg, Naringenin: 1.63mg, Naringenin: 1.63mg, Naringenin: 1.63mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 260.57kcal (13.03%), Fat: 9.72g (14.96%), Saturated Fat: 2.59g (16.19%), Carbohydrates: 36.64g (12.21%), Net Carbohydrates: 36.3g (13.2%), Sugar: 25.61g (28.45%), Cholesterol: 11.93mg (3.98%), Sodium: 248.19mg (10.79%), Alcohol: 2.56g (100%), Alcohol %: 3.55% (100%), Protein: 2.32g (4.64%), Vitamin C: 16.65mg (20.18%), Vitamin A: 399.35IU (7.99%), Calcium: 29.88mg (2.99%), Iron: 0.43mg (2.4%), Folate: 9.29µg (2.32%), Vitamin E: 0.32mg (2.14%), Potassium: 66.59mg (1.9%), Vitamin B1: 0.03mg (1.87%), Fiber: 0.33g (1.34%), Vitamin B2: 0.02mg (1.02%)