



## Crepes with Caramel Sauce and Toasted Pecans

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



240 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- ☐ 1 cup all purpose flour
- ☐ 12 servings additional butter for frying melted
- ☐ 3 tablespoons cognac
- ☐ 5 large eggs
- ☐ 2 cups pecans toasted chopped
- ☐ 0.8 teaspoon salt
- ☐ 2 tablespoons sugar

- ☐ 3 tablespoons butter unsalted
- ☐ 0.8 cup milk whole
- ☐ 3 cups cajeta
- ☐ 3 cups cajeta

## Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ blender

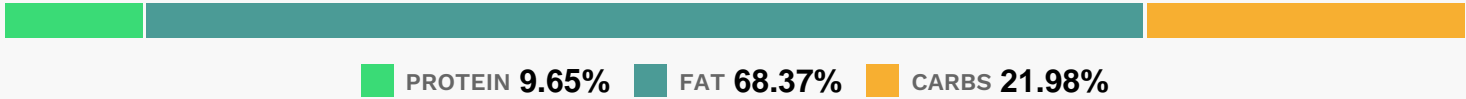
## Directions

- ☐ Combine first 6 ingredients in blender and blend until smooth.
- ☐ Let stand 1 hour at room temperature. Blend again before using.
- ☐ Brush 8- to 9-inch-diameter nonstick skillet lightly with melted butter.
- ☐ Heat over medium-high heat.
- ☐ Pour scant 1/4 cupful batter into skillet, tilting to allow batter to coat bottom of skillet. Cook until crepe is golden on bottom, about 1 minute. Turn crepe over and cook until brown on bottom, about 45 seconds.
- ☐ Transfer to paper towel. Repeat with remaining batter, making about 24 crepes and stacking crepes between paper towels. Cool.
- ☐ Combine cajeta, milk, and butter in heavy medium saucepan. Bring to boil. Reduce heat to medium and simmer until sauce is reduced to 2 3/4 cups, about 5 minutes.
- ☐ Remove from heat. Stir in Cognac.
- ☐ Place 1 crepe on work surface.
- ☐ Spread with 1 tablespoon sauce.
- ☐ Sprinkle with 1 tablespoon chopped pecans. Fold crepe in half over filling, then in half again, forming triangle. Repeat with remaining crepes, sauce, and pecans. Arrange crepes in two 13x9x2-inch glass baking dishes. (Can be prepared 1 day ahead. Cover and chill crepes and

remaining sauce separately. Rewarm sauce just until pourable before continuing.)

- ☐ Preheat oven to 350°F.
- ☐ Pour remaining sauce over crepes.
- ☐ Bake until heated through, about 15 minutes.
- ☐ Sprinkle with any remaining pecans and serve.

## Nutrition Facts



## Properties

Glycemic Index:21.51, Glycemic Load:7.49, Inflammation Score:-4, Nutrition Score:7.9621738959914%

## Flavonoids

Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg, Cyanidin: 1.77mg Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg, Delphinidin: 1.2mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg

## Nutrients (% of daily need)

Calories: 239.5kcal (11.98%), Fat: 18.11g (27.86%), Saturated Fat: 4.28g (26.77%), Carbohydrates: 13.1g (4.37%), Net Carbohydrates: 11.23g (4.09%), Sugar: 3.49g (3.88%), Cholesterol: 89mg (29.67%), Sodium: 187.8mg (8.17%), Alcohol: 1.25g (100%), Alcohol %: 2.05% (100%), Protein: 5.75g (11.51%), Manganese: 0.82mg (41.06%), Selenium: 10.9µg (15.57%), Vitamin B1: 0.21mg (13.87%), Copper: 0.23mg (11.49%), Phosphorus: 114.84mg (11.48%), Vitamin B2: 0.19mg (11.25%), Folate: 32.62µg (8.15%), Zinc: 1.16mg (7.72%), Fiber: 1.87g (7.46%), Iron: 1.27mg (7.06%), Magnesium: 26.68mg (6.67%), Vitamin B5: 0.57mg (5.69%), Vitamin A: 258.9IU (5.18%), Vitamin B12: 0.28µg (4.59%), Calcium: 44.73mg (4.47%), Vitamin D: 0.64µg (4.25%), Vitamin B3: 0.84mg (4.21%), Vitamin B6: 0.08mg (4.21%), Vitamin E: 0.57mg (3.79%), Potassium: 131.65mg (3.76%)