



Crepes with Lingonberry Jam

 Vegetarian

READY IN



18 min.

SERVINGS



6

CALORIES



420 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 4 tablespoons cream cheese softened
- ☐ 2 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 cup heavy whipping cream
- ☐ 1 teaspoon lemon extract
- ☐ 0.5 teaspoon lemon zest

- ☐ 2 cups lingonberry jam
- ☐ 0.5 cup milk
- ☐ 2 tablespoons mint leaves sliced
- ☐ 2 tablespoons freshly mint leaves chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 1 teaspoon vanilla extract

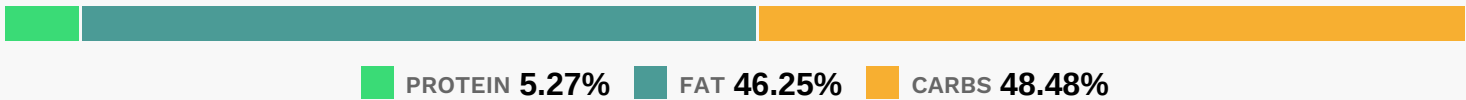
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small bowl, mix together jam and cream cheese until well incorporated. Set aside.;
- ☐ Using a hand mixer, blend ingredients together until soft peaks form. Refrigerate until serving.
- ☐ Spray a nonstick crepe pan with cooking spray and place over medium-high heat.
- ☐ Add 2-ounces crepe batter and rotate pan until batter adheres to the sides. Allow to cook for 1 minute. Once slight bubbles start to form on the crepe, flip with a rubber spatula.
- ☐ Remove from the pan, place on a platter and repeat with remaining batter. Set aside.
- ☐ Place approximately 3 tablespoons jam mixture in center of a crepe and roll tightly. Repeat until all the crepes are filled and rolled.
- ☐ Serve on a large platter or individual plates with whipped cream alongside, if desired

Nutrition Facts



Properties

Glycemic Index:55.03, Glycemic Load:13, Inflammation Score:-6, Nutrition Score:9.7160868592884%

Flavonoids

Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg

Nutrients (% of daily need)

Calories: 420.31kcal (21.02%), Fat: 21.91g (33.7%), Saturated Fat: 13.14g (82.11%), Carbohydrates: 51.66g (17.22%), Net Carbohydrates: 49.12g (17.86%), Sugar: 32.83g (36.47%), Cholesterol: 116.6mg (38.87%), Sodium: 295.59mg (12.85%), Alcohol: 0.23g (100%), Alcohol %: 0.15% (100%), Protein: 5.62g (11.23%), Manganese: 1.46mg (72.99%), Vitamin A: 1025.06IU (20.5%), Vitamin B2: 0.26mg (15.04%), Selenium: 10.52µg (15.04%), Phosphorus: 105.12mg (10.51%), Fiber: 2.54g (10.15%), Calcium: 87.4mg (8.74%), Folate: 32.3µg (8.08%), Vitamin D: 1.15µg (7.68%), Vitamin B1: 0.11mg (7.48%), Iron: 1.17mg (6.52%), Vitamin B12: 0.33µg (5.48%), Vitamin B5: 0.52mg (5.17%), Potassium: 168.83mg (4.82%), Vitamin E: 0.67mg (4.49%), Magnesium: 16.12mg (4.03%), Zinc: 0.6mg (4.01%), Vitamin B3: 0.74mg (3.71%), Vitamin B6: 0.07mg (3.3%), Copper: 0.04mg (2.21%), Vitamin C: 1.51mg (1.83%), Vitamin K: 1.77µg (1.69%)