



Crepes with Maple-Walnut Praline and Cr me Fra che

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



589 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 4 servings cr me fra che
- ☐ 1 cup maple syrup pure plus more for serving
- ☐ 5 tablespoons orange juice
- ☐ 1 cup complete pancake mix (such as Aunt Jemima Original Complete)
- ☐ 4 servings vegetable oil
- ☐ 0.8 cup walnut pieces
- ☐ 0.8 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Boil 1 cup maple syrup and walnut pieces in heavy medium saucepan over medium-high heat, stirring occasionally, about 5 minutes.
- ☐ Remove from heat and stir mixture frequently until syrup begins to get cloudy, about 2 minutes.
- ☐ Pour mixture onto sheet of foil and cool. Chop praline finely.
- ☐ Whisk pancake mix, 3/4 cup water, and brandy in small bowl to form smooth thin batter.
- ☐ Heat medium (7- to 8-inch-diameter) nonstick skillet over medium heat. For each crepe, brush skillet with oil and pour in very scant 1/4 cup batter, rotating skillet so batter covers bottom. Cook until edges brown, about 40 seconds. Loosen edges with spatula, lift, and turn crepe over. Cook until bottom browns in spots, about 30 seconds. Turn out onto paper towel. Repeat with remaining batter, placing crepes between paper towels.
- ☐ Fold crepes into quarters and divide among 4 plates.
- ☐ Sprinkle generously with praline and drizzle with crème fraîche and maple syrup.
- ☐ *Sold at some supermarkets and at specialty foods stores.
- ☐ One serving contains the following: Calories (kcal) 557.26; % Calories from Fat 37.6; Fat (g) 23.36; Saturated Fat (g) 3.95; Cholesterol (mg) 15.93; Carbohydrates (g) 81.98; Dietary Fiber (g) 2.59; Total Sugars (g) 53.20; Net Carbs (g) 79.39; Protein (g) 9.34
- ☐ Bon Appétit

Nutrition Facts



 PROTEIN 4.2%  FAT 49.64%  CARBS 46.16%

Properties

Glycemic Index:27.13, Glycemic Load:21.23, Inflammation Score:-5, Nutrition Score:16.572608864826%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 588.75kcal (29.44%), Fat: 33.18g (51.04%), Saturated Fat: 5.36g (33.51%), Carbohydrates: 69.4g (23.13%), Net Carbohydrates: 67.27g (24.46%), Sugar: 51g (56.67%), Cholesterol: 30.16mg (10.05%), Sodium: 177.96mg (7.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.31g (12.62%), Manganese: 2.65mg (132.51%), Vitamin B2: 1.18mg (69.58%), Vitamin K: 26.54µg (25.28%), Calcium: 194.91mg (19.49%), Copper: 0.38mg (19.13%), Phosphorus: 190.36mg (19.04%), Magnesium: 62.7mg (15.67%), Vitamin B1: 0.21mg (14.32%), Vitamin C: 11.21mg (13.59%), Potassium: 400.04mg (11.43%), Zinc: 1.54mg (10.27%), Folate: 40.29µg (10.07%), Vitamin E: 1.35mg (9.02%), Fiber: 2.13g (8.52%), Vitamin B6: 0.17mg (8.27%), Selenium: 4.73µg (6.75%), Iron: 1.2mg (6.68%), Vitamin A: 202.9IU (4.06%), Vitamin B3: 0.81mg (4.04%), Vitamin B5: 0.37mg (3.7%), Vitamin B12: 0.14µg (2.26%)