



Crepes with Ratatouille

READY IN



45 min.

SERVINGS



4

CALORIES



290 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 ounces asiago cheese grated
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon pepper black
- ☐ 1 ounce cream cheese fat-free softened
- ☐ 8 basic crepes
- ☐ 2 tablespoons cooking wine dry white
- ☐ 0.8 pound eggplant chopped
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 tablespoons basil fresh chopped

- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 Dash ground nutmeg
- ☐ 1 cup milk 1% low-fat
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.8 pound plum tomatoes seeded chopped
- ☐ 1 cup bell pepper red chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.8 teaspoon salt
- ☐ 3.5 cups zucchini chopped (2 medium)

Equipment

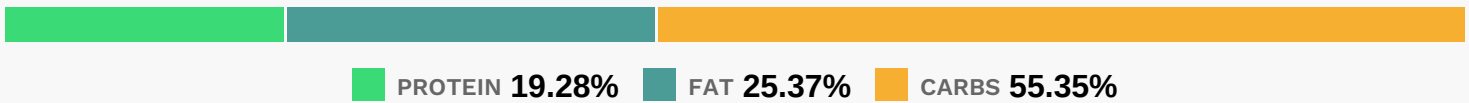
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 45
- ☐ To prepare filling, combine first 6 ingredients in a large bowl.
- ☐ Drizzle with oil, and sprinkle with 3/4 teaspoon salt and 1/4 teaspoon pepper; toss to coat.
- ☐ Spread vegetable mixture in an even layer on a jelly-roll pan coated with cooking spray.
- ☐ Bake at 450 for 45 minutes or until vegetables are lightly browned, stirring every 15 minutes.
- ☐ Transfer vegetable mixture to a bowl; cool 2 minutes. Stir in basil and parsley.
- ☐ Increase oven temperature to 50

- ☐ To prepare sauce, combine milk and flour in a saucepan over medium-high heat; bring to a boil. Cook 1 minute or until thick, stirring constantly with a whisk.
- ☐ Remove from heat.
- ☐ Add cheeses and nutmeg; stir with a whisk until smooth. Stir in wine, 1/8 teaspoon salt, and 1/8 teaspoon pepper.
- ☐ Add 2 tablespoons sauce to vegetable mixture; stir until combined.
- ☐ Spoon 3 tablespoons vegetable mixture in center of each crepe; fold sides and ends over.
- ☐ Place, seam sides down, in an 11 x 7-inch baking dish coated with cooking spray. Top crepes with remaining sauce.
- ☐ Bake at 500 for 10 minutes or until crepes are lightly browned.
- ☐ Wine note: Sauvignon blanc is a good match with dishes made up of mostly vegetables and herbs. Snappy, fresh, and herbal itself, the wine plays up the flavors in these crepes with delicious results. Try the tasty, well-priced Chateau Souverain 2004 sauvignon blanc from California's Alexander Valley (\$14). -Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:131.25, Glycemic Load:4.26, Inflammation Score:-9, Nutrition Score:23.432173894799%

Flavonoids

Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg, Delphinidin: 72.88mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg, Quercetin: 5.42mg

Nutrients (% of daily need)

Calories: 289.82kcal (14.49%), Fat: 8.23g (12.66%), Saturated Fat: 4.09g (25.55%), Carbohydrates: 40.38g (13.46%), Net Carbohydrates: 34.34g (12.49%), Sugar: 21.93g (24.37%), Cholesterol: 25.37mg (8.46%), Sodium: 985.29mg (42.84%), Alcohol: 0.77g (100%), Alcohol %: 0.21% (100%), Protein: 14.07g (28.13%), Vitamin C: 85.42mg (103.54%),

Vitamin K: 54.5µg (51.91%), Vitamin A: 2564.46IU (51.29%), Calcium: 337.47mg (33.75%), Manganese: 0.65mg (32.67%), Phosphorus: 301.97mg (30.2%), Potassium: 944.72mg (26.99%), Vitamin B6: 0.53mg (26.4%), Fiber: 6.04g (24.17%), Folate: 90.59µg (22.65%), Vitamin B2: 0.35mg (20.61%), Magnesium: 66.11mg (16.53%), Vitamin B1: 0.21mg (13.73%), Vitamin B3: 2.23mg (11.13%), Vitamin E: 1.65mg (11.02%), Copper: 0.22mg (10.91%), Zinc: 1.58mg (10.55%), Vitamin B5: 1.05mg (10.49%), Iron: 1.84mg (10.24%), Vitamin B12: 0.6µg (9.96%), Selenium: 6.26µg (8.94%), Vitamin D: 0.72µg (4.8%)