



## Crepes with Sautéed Pears in Wine Sauce

READY IN



45 min.

SERVINGS



9

CALORIES



221 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 2.5 pounds bosc pears
- 1 teaspoon butter
- 2 tablespoons butter melted
- 1 tablespoon cornstarch
- 0.5 cup egg substitute
- 3.3 ounces flour all-purpose
- 2 tablespoons juice of lemon
- 0.5 cup brown sugar light divided
- 0.5 cup milk 2% reduced-fat

- 0.5 cup pear nectar
- 0.5 cup mirin dry white
- 1 Dash salt
- 1 teaspoon sugar
- 0.5 cup water

## Equipment

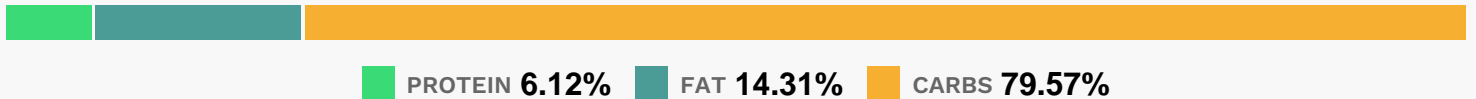
- bowl
- frying pan
- knife
- whisk
- sieve
- blender
- wax paper
- spatula
- measuring cup

## Directions

- To prepare crepes, lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour and next 6 ingredients (through salt) in a blender; process until smooth, scraping sides.
- Let stand 30 minutes.
- Heat an 8-inch crepe pan or nonstick skillet over medium heat.
- Brush pan lightly with melted butter.
- Pour a scant 1/4 cup batter into pan; quickly tilt pan in all directions so batter covers pan with a thin film. Cook about 2 minutes. Carefully lift edge of crepe with a spatula to test for doneness. The crepe is ready to turn when it can be shaken loose from the pan and the underside is lightly browned. Turn crepe over, and cook 30 seconds or until center is set.
- Place crepe on a towel; cool completely. Repeat procedure with remaining batter, stirring batter between crepes. Stack crepes between single layers of wax paper to prevent sticking.

- To prepare filling, peel pears, reserving peels; thinly slice pears. Melt 1 teaspoon butter in a large nonstick skillet over medium-high heat.
- Add pear slices in a single layer to the pan; saut 1 minute on each side or until slightly softened.
- Add 1 tablespoon brown sugar to pan; saut 6 minutes or until golden.
- Remove pears from pan.
- Add peels and remaining 7 tablespoons brown sugar to pan; cook 1 minute or until sugar dissolves, stirring constantly.
- Combine pear nectar, wine, and cornstarch in a small bowl; stir well with a whisk.
- Add nectar mixture to pan; bring to a boil. Reduce heat, and simmer 2 minutes or until thickened, stirring constantly. Strain sauce through a fine sieve, pressing on the peels to extract all of the liquid. Discard solids.
- Spoon about 1/3 cup pear mixture in center of each crepe; fold sides and ends over.
- Place, seam side down, on a plate.
- Drizzle each serving with about 5 teaspoons sauce.
- Garnish with powdered sugar and mint, if desired.

## Nutrition Facts



## Properties

Glycemic Index:32.98, Glycemic Load:11.76, Inflammation Score:-3, Nutrition Score:6.0773912979209%

## Flavonoids

Cyanidin: 2.6mg, Cyanidin: 2.6mg, Cyanidin: 2.6mg, Cyanidin: 2.6mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

## Nutrients (% of daily need)

Calories: 220.83kcal (11.04%), Fat: 3.52g (5.42%), Saturated Fat: 2.1g (13.09%), Carbohydrates: 44.08g (14.69%), Net Carbohydrates: 39.79g (14.47%), Sugar: 27.87g (30.96%), Cholesterol: 8.93mg (2.98%), Sodium: 67.47mg (2.93%), Alcohol: 1.37g (100%), Alcohol %: 0.78% (100%), Protein: 3.39g (6.78%), Fiber: 4.29g (17.16%), Selenium: 9.75µg (13.92%), Vitamin B2: 0.17mg (9.76%), Vitamin C: 6.95mg (8.43%), Manganese: 0.16mg (8.16%), Vitamin B1: 0.12mg (8.04%), Folate: 31.99µg (8%), Copper: 0.14mg (7.04%), Potassium: 236.03mg (6.74%), Iron: 1.15mg (6.37%), Vitamin K: 6.19µg (5.89%), Phosphorus: 52.69mg (5.27%), Calcium: 51.92mg (5.19%), Vitamin B3: 0.9mg (4.52%), Magnesium: 17.85mg (4.46%), Vitamin B5: 0.41mg (4.09%), Vitamin B6: 0.08mg (3.96%), Vitamin A: 166.84IU (3.34%), Vitamin E: 0.47mg (3.14%), Zinc: 0.43mg (2.86%), Vitamin B12: 0.12µg (2.02%), Vitamin D: 0.21µg (1.42%)