



Crepes with Spinach, Bacon and Mushroom Filling

♥♥ Popular

READY IN



65 min.

SERVINGS



4

CALORIES



362 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 slices bacon
- ☐ 0.7 cup chicken broth
- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 pound mushrooms fresh sliced
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 10 ounce pkt spinach frozen thawed drained chopped

- ☐ 0.5 cup juice of lemon
- ☐ 1 cup milk
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 4 servings salt and pepper to taste
- ☐ 3 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wax paper

Directions

- ☐ Prepare Basic Crepes recipe according to recipe directions. Separate with wax paper and keep warm until ready to serve.
- ☐ Place bacon in a large, deep skillet. Cook over medium-high heat until evenly brown.
- ☐ Drain, crumble and set aside. Reserve about 1 tablespoon drippings, add 1 tablespoon butter, and saute mushrooms.
- ☐ In a separate saucepan, melt 3 tablespoons butter over medium heat.
- ☐ Whisk in 1/4 cup flour, stirring constantly, until a smooth paste is formed. Gradually stir in 1 cup milk, stirring constantly until a smooth thick gravy is formed.
- ☐ Add bacon, mushrooms, spinach, parsley, Parmesan cheese, salt and pepper.
- ☐ Let cook until somewhat thick, about 10 minutes.
- ☐ In saucepan bring broth to a boil. In a small bowl, whisk together eggs and lemon juice. Temper eggs and broth together whisking constantly so as to cook, but not to scramble the eggs. (Cooking eggs to 170 degrees F). Again, salt and pepper to taste.
- ☐ Fill each crepe with spinach and meat filling, roll up, and top with warm egg sauce.

Nutrition Facts



 **PROTEIN 16.37%**  **FAT 65.54%**  **CARBS 18.09%**

Properties

Glycemic Index:44.25, Glycemic Load:5.82, Inflammation Score:-10, Nutrition Score:27.503913174505%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg, Hesperetin: 4.41mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 362.36kcal (18.12%), Fat: 27.2g (41.84%), Saturated Fat: 12.08g (75.5%), Carbohydrates: 16.88g (5.63%), Net Carbohydrates: 13.92g (5.06%), Sugar: 5.57g (6.19%), Cholesterol: 136.47mg (45.49%), Sodium: 713.19mg (31.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.29g (30.57%), Vitamin K: 281.1µg (267.71%), Vitamin A: 8911.37IU (178.23%), Vitamin B2: 0.68mg (39.86%), Selenium: 27.89µg (39.84%), Folate: 145.13µg (36.28%), Manganese: 0.62mg (30.87%), Phosphorus: 267.57mg (26.76%), Vitamin C: 18.22mg (22.09%), Vitamin B3: 4.41mg (22.04%), Vitamin B1: 0.33mg (21.7%), Calcium: 212.82mg (21.28%), Magnesium: 77.71mg (19.43%), Potassium: 672.25mg (19.21%), Vitamin E: 2.79mg (18.63%), Vitamin B6: 0.36mg (18.2%), Vitamin B5: 1.76mg (17.65%), Copper: 0.34mg (16.95%), Iron: 2.63mg (14.64%), Vitamin B12: 0.77µg (12.87%), Zinc: 1.84mg (12.28%), Fiber: 2.96g (11.83%), Vitamin D: 1.53µg (10.18%)