



Crêpes with Warm Cognac Peaches and Almonds

 Vegetarian

READY IN



75 min.

SERVINGS



6

CALORIES



510 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 1 tablespoon butter
- ☐ 2 tablespoons butter
- ☐ 3 tbsp butter melted
- ☐ 0.3 teaspoon cinnamon
- ☐ 3 tablespoons cognac
- ☐ 3 large eggs

- ☐ 0.7 cup flour
- ☐ 0.3 cup granulated sugar
- ☐ 0.1 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon
- ☐ 1 teaspoon lemon zest shredded finely
- ☐ 0.3 cup brown sugar light packed
- ☐ 1 cup milk
- ☐ 6 servings peach topping
- ☐ 3 large peaches sliced
- ☐ 1 cup whole-milk ricotta cheese
- ☐ 2 tablespoons sugar
- ☐ 6 servings crêpe batter

Equipment

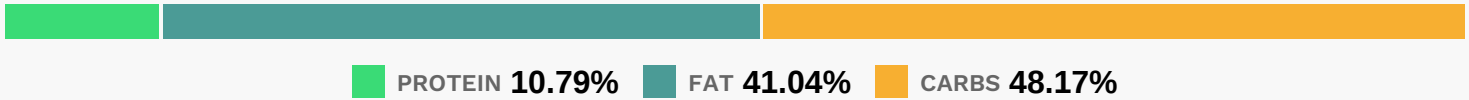
- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ Make batter: Whirl together eggs, flour, and milk in a blender until smooth.
- ☐ Heat a small nonstick frying pan over medium heat and brush with butter.
- ☐ Pour in 2 tbsp. batter, swirling to spread evenly. Cook until golden underneath, 1 minute; flip over and cook 30 seconds. Make remaining crpes, brushing pan with butter and stacking finished crpes.
- ☐ Make filling: Stir together ricotta, sugar, zest, and salt in a medium bowl. Spoon 1 tbsp. filling into center of a crpe. Fold crpe in half, pressing gently to spread filling evenly, then fold in half again to form a triangle. Continue with remaining crpes.
- ☐ Melt 1 tbsp. butter in a large nonstick frying pan over medium heat. In batches, carefully add filled crpes; cook until golden brown, turning once, 5 minutes total.
- ☐ Transfer to a platter and keep warm.

- ☐ Make topping: Melt butter in pan over high heat.
- ☐ Add peaches, sugars, cinnamon, and juice; cook, stirring occasionally, until sugars melt, 4 to 6 minutes.
- ☐ Remove from heat; carefully stir in cognac.
- ☐ Pour peaches over crpes and sprinkle with almonds.
- ☐ Make ahead: Make and fill crpes through step 3, cover, and chill overnight.

Nutrition Facts



Properties

Glycemic Index:90.11, Glycemic Load:25.6, Inflammation Score:-8, Nutrition Score:15.690000036488%

Flavonoids

Cyanidin: 4.65mg, Cyanidin: 4.65mg, Cyanidin: 4.65mg, Cyanidin: 4.65mg Catechin: 11.73mg, Catechin: 11.73mg, Catechin: 11.73mg, Catechin: 11.73mg Epigallocatechin: 2.57mg, Epigallocatechin: 2.57mg, Epigallocatechin: 2.57mg, Epigallocatechin: 2.57mg Epicatechin: 5.58mg, Epicatechin: 5.58mg, Epicatechin: 5.58mg, Epicatechin: 5.58mg Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg, Epigallocatechin 3-gallate: 0.71mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 510.44kcal (25.52%), Fat: 23.22g (35.73%), Saturated Fat: 12.43g (77.69%), Carbohydrates: 61.33g (20.44%), Net Carbohydrates: 56.82g (20.66%), Sugar: 43.64g (48.49%), Cholesterol: 149.27mg (49.76%), Sodium: 261.32mg (11.36%), Alcohol: 2.51g (100%), Alcohol %: 0.77% (100%), Protein: 13.74g (27.47%), Selenium: 24.63µg (35.18%), Vitamin A: 1512.17IU (30.24%), Vitamin B2: 0.45mg (26.2%), Phosphorus: 246.11mg (24.61%), Vitamin E: 3.39mg (22.59%), Calcium: 184.2mg (18.42%), Manganese: 0.36mg (18.06%), Fiber: 4.51g (18.05%), Vitamin B3: 3mg (15.01%), Folate: 59.63µg (14.91%), Vitamin C: 12.11mg (14.67%), Vitamin B1: 0.21mg (14.31%), Potassium: 493.63mg (14.1%), Copper: 0.28mg (14%), Iron: 2.28mg (12.67%), Zinc: 1.76mg (11.71%), Magnesium: 46.34mg (11.59%), Vitamin B5: 1.1mg (11.01%), Vitamin B12: 0.61µg (10.11%), Vitamin K: 8.83µg (8.41%), Vitamin B6: 0.16mg (8.15%), Vitamin D: 1.03µg (6.87%)