



Crepes with Wild Mushrooms and Herbs

READY IN



45 min.

SERVINGS



6

CALORIES



205 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons chives minced
- ☐ 2 tablespoons cooking sherry dry
- ☐ 1 large eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 3 garlic cloves minced
- ☐ 6 servings béchamel sauce
- ☐ 1 tablespoon butter melted
- ☐ 2 teaspoons butter
- ☐ 3.5 cups mushrooms sliced

- ☐ 0.3 cup tablespoon parsley dried fresh chopped
- ☐ 0.5 cup shallots minced
- ☐ 8 ounces shiitake mushroom caps sliced
- ☐ 1.5 cups skim milk

Equipment

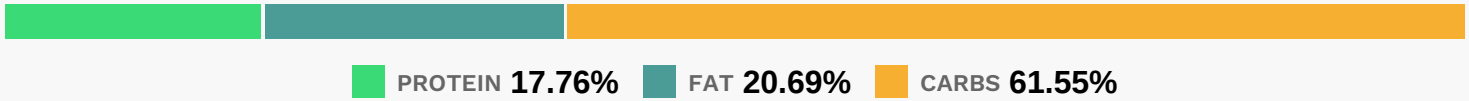
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ wax paper
- ☐ spatula

Directions

- ☐ Place flour in a medium bowl.
- ☐ Combine milk, 1 tablespoon margarine, and egg; add to flour, stirring with a whisk until almost smooth. Cover; chill 1 hour.
- ☐ Coat an 8-inch crepe pan or nonstick skillet with cooking spray; place over medium-high heat until hot.
- ☐ Remove pan from heat.
- ☐ 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 1 minute.
- ☐ Carefully lift edge of crepe with a spatula to test for doneness (crepe is ready to turn when it can be shaken loose from the pan and the underside is lightly browned). Turn crepe over; cook 30 seconds on other side.
- ☐ Place crepe on a towel; allow to cool. Repeat procedure until all of the batter is used. Stack crepes between single layers of wax paper or paper towels to prevent sticking.
- ☐ Preheat the oven to 35

- ☐ Prepare Bechamel Sauce; keep warm.
- ☐ Melt 2 teaspoons margarine over medium-high heat in a large nonstick skillet.
- ☐ Add mushrooms, shallots, sherry, and garlic; saute 5 minutes.
- ☐ Add parsley and chives to Bechamel Sauce; stir well.
- ☐ Add 1 cup bechamel mixture to mushroom mixture; stir well.
- ☐ Spoon 1/4 cup mushroom mixture onto center of each crepe. Bring 2 opposite sides to center; fold over filling. Beginning at 1 short side, roll up crepe tightly, jelly-roll fashion.
- ☐ Place stuffed crepes, seam sides down, in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Pour remaining bechamel mixture over crepes.
- ☐ Bake at 350 for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:54.04, Glycemic Load:17.3, Inflammation Score:-7, Nutrition Score:16.070000099099%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 204.57kcal (10.23%), Fat: 4.75g (7.31%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 31.8g (10.6%), Net Carbohydrates: 28.81g (10.48%), Sugar: 7.1g (7.89%), Cholesterol: 32.84mg (10.95%), Sodium: 97.7mg (4.25%), Alcohol: 0.51g (100%), Alcohol %: 0.29% (100%), Protein: 9.18g (18.36%), Vitamin K: 44.5µg (42.38%), Vitamin B2: 0.57mg (33.3%), Selenium: 20.44µg (29.21%), Vitamin B3: 5.2mg (26.01%), Phosphorus: 218.92mg (21.89%), Vitamin B1: 0.31mg (20.79%), Folate: 79.45µg (19.86%), Manganese: 0.39mg (19.66%), Vitamin B5: 1.95mg (19.52%), Vitamin B6: 0.32mg (16.2%), Copper: 0.3mg (15.23%), Potassium: 530.03mg (15.14%), Iron: 2.24mg (12.47%), Fiber: 2.99g (11.96%), Vitamin A: 589.85IU (11.8%), Calcium: 108.35mg (10.83%), Zinc: 1.38mg (9.22%), Vitamin C: 7.43mg (9%),

Magnesium: 33.69mg (8.42%), Vitamin B12: 0.46µg (7.6%), Vitamin D: 1.1µg (7.36%), Vitamin E: 0.26mg (1.76%)