



Crespelle Ai Piselli and Parmigiano: Crepes with Peas

READY IN



60 min.

SERVINGS



6

CALORIES



624 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup butter cut into small chunks
- ☐ 4 tablespoons butter
- ☐ 4 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 2 cups milk
- ☐ 1 cup parmigiano-reggiano grated
- ☐ 2 cup freshly shucked peas
- ☐ 2.5 cups ricotta in a strainer lined with cheesecloth for 30 minutes drained

☐ 0.5 teaspoon salt

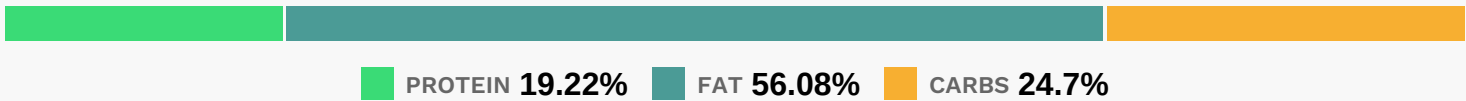
Equipment

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

Directions

- ☐ Place the flour in a large mixing bowl. Crack the eggs over the flour and whisk them in.
- ☐ Add salt and whisk in milk, a little at a time, until all milk is incorporated. Allow the batter to stand for 20 minutes.
- ☐ Meanwhile, melt the butter in a 12 to 14-inch saute pan and add the peas. Cook slowly over medium heat until quite soft, about 15 minutes. Allow peas to cool. Stir the peas into the ricotta.
- ☐ Heat a 6-inch, non-stick pan until hot and brush with olive oil. Reduce heat to medium and pour 1 1/2 to 2 tablespoons batter into the pan. Cook 20 to 30 seconds, until pale golden, and then flip. Cook on other side 20 seconds and remove to a plate. Continue the process until all the batter has been used, yielding between 17 and 19 crespelle. Fill each crespelle with 3 tablespoons of the cheese ricotta and fold in half. Continue filling crespelle until all are full.
- ☐ Preheat the oven to 450 degrees F.
- ☐ Butter the bottom and all sides of 10 by 8-inch ceramic baking dish.
- ☐ Lay the filled crespelle in an overlapping layer in the baking dish. Grate the Parmigiano-Reggiano over the crespelle, dot with the remaining butter and place in oven for 12 to 15 minutes, until piping hot and crispy on top.
- ☐ Remove and serve hot, or allow to rest and serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:51.89, Glycemic Load:21.56, Inflammation Score:-8, Nutrition Score:23.053043427675%

Nutrients (% of daily need)

Calories: 623.52kcal (31.18%), Fat: 38.85g (59.77%), Saturated Fat: 23.48g (146.74%), Carbohydrates: 38.51g (12.84%), Net Carbohydrates: 34.91g (12.69%), Sugar: 7.27g (8.08%), Cholesterol: 223.32mg (74.44%), Sodium: 744.02mg (32.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.96g (59.93%), Selenium: 40.94µg (58.48%), Calcium: 549.1mg (54.91%), Phosphorus: 509.62mg (50.96%), Vitamin B2: 0.73mg (42.81%), Vitamin A: 1719.51IU (34.39%), Vitamin B1: 0.45mg (30.14%), Folate: 116.52µg (29.13%), Vitamin C: 19.33mg (23.43%), Manganese: 0.43mg (21.64%), Vitamin B12: 1.28µg (21.39%), Zinc: 3.2mg (21.36%), Iron: 3.21mg (17.83%), Vitamin B3: 3.12mg (15.62%), Vitamin K: 15.15µg (14.43%), Fiber: 3.6g (14.4%), Magnesium: 55.19mg (13.8%), Vitamin B6: 0.26mg (12.75%), Potassium: 442.23mg (12.64%), Vitamin B5: 1.26mg (12.56%), Vitamin D: 1.77µg (11.81%), Copper: 0.18mg (8.96%), Vitamin E: 1.02mg (6.78%)