



food
network

Crespelli

READY IN



41 min.

SERVINGS



8

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pinch pepper black freshly ground
- ☐ 2 large eggs
- ☐ 0.3 cup espresso grounds brewed
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon garlic minced
- ☐ 1 apples i use 2 granny smith apples
- ☐ 0.3 cup honey

- ☐ 0.8 cup catsup
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 6 cups napa cabbage very thinly sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1 tablespoon orange zest
- ☐ 1 rotisserie chicken cut shredded store-bought
- ☐ 0.5 teaspoon salt
- ☐ 1 pinch salt and pepper freshly ground
- ☐ 4 scallions finely chopped including everything but 2 inches from the top
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons butter unsalted
- ☐ 1 cup milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ aluminum foil
- ☐ mandoline
- ☐ spatula
- ☐ cutting board

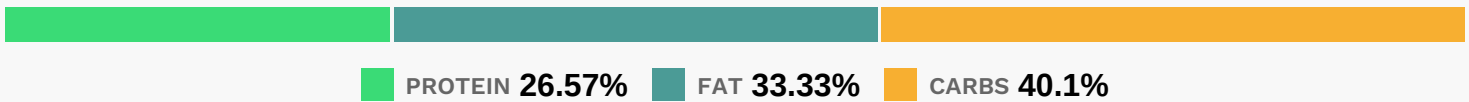
Directions

- ☐ Heat the olive oil in a saucepan over medium-low heat.

- ☐ Add the garlic and saute until it is golden.
- ☐ Whisk in the ketchup, vinegar, honey, soy sauce, and espresso. Simmer gently for 5 minutes to blend the flavors.
- ☐ Remove from the heat. Season with salt and pepper, to taste and stir in orange zest.
- ☐ You should have about 2 cups of sauce. Reserve a few tablespoons of sauce for serving.
- ☐ Mix the shredded chicken into the remaining sauce. Allow to cool, then cover and refrigerate for up to 2 days or set aside until you are ready to assemble.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Prepare the crepe batter: In a medium bowl, whisk the eggs and milk until well combined. Melt the butter in a medium skillet over medium-high heat and let it bubble and foam. Continue to cook until the butter turns light brown, then whisk the butter into the milk and egg mixture. In a separate bowl, combine the flour, scallions, salt, and pepper.
- ☐ Add the milk mixture to the flour mixture, whisking to prevent lumps. Do not overwork the batter.
- ☐ The batter should just coat the back of a spoon. If it seems too thick, whisk in a little milk or water. You should have about 2 cups of batter. Cook the crepes right away, or cover the batter and refrigerate for as long 24 hours.
- ☐ Heat a 10-inch nonstick skillet over medium-heat.
- ☐ Add 1/2 teaspoon butter to coat the bottom of the pan.
- ☐ Add 1/4 cup of batter to the skillet.
- ☐ Remove the skillet from the heat and tilt it to evenly coat the bottom with the batter. Return the skillet to medium-high heat and cook until the underside is lightly browned, 50 to 60 seconds. Using a spatula or your fingertips, carefully turn the crepe over and cook on the second side for 10 to 15 seconds. Set the cooked crepe aside on a baking sheet. Repeat with the remaining batter to make 8 crepes total.
- ☐ Lightly spray the bottom of 2 (10-inch) pie plates with oil. Stack 2 crepes in the bottom of each plate.
- ☐ Spread a single layer of chicken over each stack of crepes and set 1 more crepe over each layer of chicken.
- ☐ Spread another layer of chicken on top. Finish the stacks with 1 more crepe on top of each. Cover each plate with aluminum foil.
- ☐ Bake until warm, 30 to 40 minutes.

- ☐ Meanwhile, make the slaw. Quarter and core the apple. Using a mandoline or a sharp knife, slice the apple as thinly as possible into matchstick-size pieces.
- ☐ Place the apples in a large bowl.
- ☐ Add the lemon juice and mix well.
- ☐ Add the cabbage, scallions, oil, salt, and pepper and mix well. Makes about 8 cups slaw.
- ☐ When the crepe stacks are warm, remove the foil and invert the pie plates onto a cutting board.
- ☐ Cut each stack into quarters.
- ☐ Place a wedge on each serving plate. Arrange a bundle of the slaw beside each wedge.
- ☐ Drizzle some of the reserved sauce over each plate and serve right away.

Nutrition Facts



Properties

Glycemic Index:52.53, Glycemic Load:18.04, Inflammation Score:-6, Nutrition Score:12.007826120957%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg, Epicatechin: 1.71mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 397.48kcal (19.87%), Fat: 15g (23.08%), Saturated Fat: 4.94g (30.86%), Carbohydrates: 40.61g (13.54%), Net Carbohydrates: 38.53g (14.01%), Sugar: 23.83g (26.48%), Cholesterol: 129.68mg (43.23%), Sodium: 1061.41mg (46.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 15.64mg (5.21%), Protein: 26.91g (53.82%), Vitamin K: 40.72µg (38.78%), Vitamin C: 20.63mg (25.01%), Folate: 88.46µg (22.11%), Manganese: 0.36mg (17.93%), Vitamin B2: 0.29mg (16.81%), Selenium: 10.61µg (15.16%), Vitamin B6: 0.26mg (13.02%), Vitamin B1: 0.19mg (12.34%), Phosphorus: 115.86mg (11.59%), Vitamin A: 576.93IU (11.54%), Vitamin B3: 2.27mg (11.36%), Calcium: 110.99mg (11.1%),

Potassium: 377.99mg (10.8%), Iron: 1.72mg (9.58%), Fiber: 2.09g (8.35%), Magnesium: 32.99mg (8.25%), Vitamin E: 1.22mg (8.13%), Copper: 0.11mg (5.55%), Vitamin B5: 0.52mg (5.19%), Vitamin B12: 0.28µg (4.7%), Zinc: 0.7mg (4.63%), Vitamin D: 0.64µg (4.25%)