



Curried Crepês

READY IN



45 min.

SERVINGS



10

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 teaspoons butter
- ☐ 1.5 teaspoons curry powder
- ☐ 3 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1.3 cups milk

Equipment

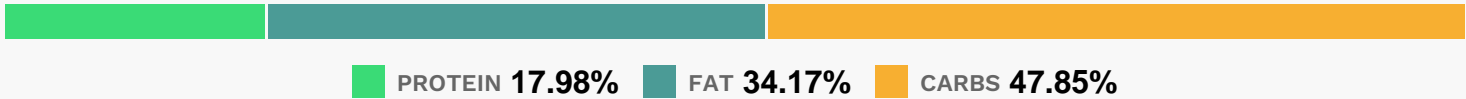
- ☐ food processor
- ☐ bowl

- ☐ frying pan
- ☐ whisk
- ☐ blender
- ☐ spatula

Directions

- ☐ In a blender or food processor, whirl milk, eggs, flour, and curry powder until smooth, scraping container sides as necessary. (Or in a bowl, whisk mixture until smooth.)
- ☐ Place a 10-inch nonstick frying pan (7 1/2 to 8 in. across bottom) or crpe pan over medium-high heat. When pan is hot, add about 1/4 teaspoon butter and swirl until melted. All at once, add about 1/4 cup batter and tilt pan in a circular motion to coat bottom evenly. Cook until crpe is dry-looking on top and lightly browned on the bottom, 3/4 to 1 minute. Turn with a wide spatula and cook until other side is lightly speckled with brown, 20 to 30 seconds. Slide crpe from pan onto a plate. Repeat to cook remaining crpes, stacking on first (if making crpes up to 3 days ahead, stack between sheets of waxed paper, wrap airtight, and chill; freeze to store longer).

Nutrition Facts



Properties

Glycemic Index:11.8, Glycemic Load:7.45, Inflammation Score:-2, Nutrition Score:4.3013043497568%

Nutrients (% of daily need)

Calories: 95.21kcal (4.76%), Fat: 3.57g (5.5%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 11.26g (3.75%), Net Carbohydrates: 10.82g (3.93%), Sugar: 1.56g (1.74%), Cholesterol: 59.46mg (19.82%), Sodium: 45.08mg (1.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.23g (8.46%), Selenium: 9.47µg (13.53%), Vitamin B2: 0.17mg (10.22%), Vitamin B1: 0.12mg (8.14%), Folate: 30.4µg (7.6%), Phosphorus: 75.34mg (7.53%), Manganese: 0.1mg (5.18%), Iron: 0.93mg (5.17%), Vitamin B12: 0.3µg (4.99%), Calcium: 49.6mg (4.96%), Vitamin D: 0.64µg (4.24%), Vitamin B5: 0.4mg (4%), Vitamin B3: 0.79mg (3.96%), Vitamin A: 178.08IU (3.56%), Zinc: 0.42mg (2.79%), Vitamin B6: 0.05mg (2.66%), Potassium: 84.98mg (2.43%), Magnesium: 9.01mg (2.25%), Vitamin E: 0.28mg (1.9%), Fiber: 0.44g (1.75%), Copper: 0.03mg (1.58%)