



Dessert Crepes

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



149 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 4 eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 1.3 cups milk
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar white

Equipment

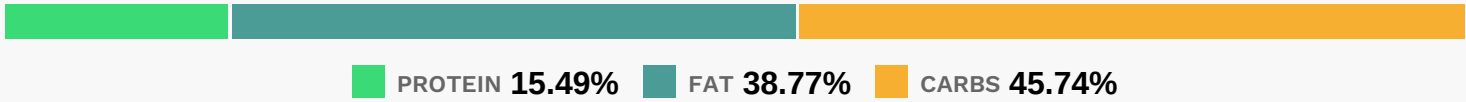
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ ladle
- ☐ whisk

Directions

- ☐ In large bowl, whisk together eggs, milk, melted butter, flour sugar and salt until smooth.
- ☐ Heat a medium-sized skillet or crepe pan over medium heat. Grease pan with a small amount of butter or oil applied with a brush or paper towel. Using a serving spoon or small ladle, spoon about 3 tablespoons crepe batter into hot pan, tilting the pan so that bottom surface is evenly coated. Cook over medium heat, 1 to 2 minutes on a side, or until golden brown.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.14, Glycemic Load:11.44, Inflammation Score:-3, Nutrition Score:5.6265217001023%

Nutrients (% of daily need)

Calories: 149.38kcal (7.47%), Fat: 6.39g (9.84%), Saturated Fat: 3.27g (20.43%), Carbohydrates: 16.97g (5.66%), Net Carbohydrates: 16.55g (6.02%), Sugar: 5.08g (5.64%), Cholesterol: 94.25mg (31.42%), Sodium: 214.88mg (9.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.75g (11.5%), Selenium: 12.88µg (18.4%), Vitamin B2: 0.24mg (13.86%), Vitamin B1: 0.15mg (10.29%), Phosphorus: 102.35mg (10.23%), Folate: 39.04µg (9.76%), Vitamin B12: 0.42µg (7.02%), Calcium: 65.64mg (6.56%), Iron: 1.11mg (6.19%), Vitamin D: 0.89µg (5.92%), Manganese: 0.11mg (5.74%), Vitamin B5: 0.56mg (5.61%), Vitamin A: 272.14IU (5.44%), Vitamin B3: 0.98mg (4.92%), Zinc: 0.56mg (3.76%), Vitamin B6: 0.07mg (3.46%), Potassium: 109.01mg (3.11%), Magnesium: 11.03mg (2.76%), Vitamin E: 0.34mg (2.28%), Copper: 0.04mg (1.95%), Fiber: 0.42g (1.69%)