



Dulce de Leche Crepes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



100 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon butter melted
- ☐ 6 servings dulce de leche
- ☐ 1 large eggs
- ☐ 0.8 cup milk fat-free
- ☐ 0.7 cup flour all-purpose
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon sugar

Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ knife
- ☐ blender
- ☐ broiler
- ☐ wax paper
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ To prepare crepes, lightly spoon the flour into dry measuring cups, and level with a knife.
- ☐ Place flour, milk, 1 teaspoon sugar, and egg in a blender. Process until smooth. Cover and chill 30 minutes.
- ☐ Heat an 8-inch crepe pan or nonstick skillet coated with cooking spray over medium-high heat.
- ☐ 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. The 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; cool. Repeat procedure until all of the batter is used. Stack the crepes between single layers of wax paper or paper towels to prevent them from sticking.
- ☐ Preheat broiler.
- ☐ Place 1 crepe, browned side down, on a plate. Spoon about 1 1/2 tablespoons Dulce de Leche down center of crepe.
- ☐ Roll up crepe, and place on a heatproof platter. Repeat procedure with remaining crepes and Dulce de Leche.
- ☐ Brush butter over tops of crepes; sprinkle with sugar. Broil crepes 2 minutes or until lightly browned.

Nutrition Facts



 **PROTEIN 14.34%**  **FAT 25.9%**  **CARBS 59.76%**

Properties

Glycemic Index:56.74, Glycemic Load:10.03, Inflammation Score:-2, Nutrition Score:3.8008696294349%

Nutrients (% of daily need)

Calories: 99.88kcal (4.99%), Fat: 2.85g (4.39%), Saturated Fat: 1.5g (9.35%), Carbohydrates: 14.81g (4.94%), Net Carbohydrates: 14.44g (5.25%), Sugar: 4.28g (4.75%), Cholesterol: 36.94mg (12.31%), Sodium: 39.7mg (1.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.56g (7.11%), Selenium: 7.92µg (11.31%), Vitamin B2: 0.15mg (8.71%), Vitamin B1: 0.13mg (8.64%), Folate: 30.02µg (7.5%), Phosphorus: 64.83mg (6.48%), Manganese: 0.1mg (4.9%), Calcium: 47.76mg (4.78%), Iron: 0.79mg (4.4%), Vitamin B3: 0.86mg (4.32%), Vitamin B12: 0.26µg (4.26%), Vitamin D: 0.5µg (3.36%), Vitamin A: 165.79IU (3.32%), Vitamin B5: 0.3mg (3%), Zinc: 0.34mg (2.3%), Potassium: 78.12mg (2.23%), Magnesium: 7.78mg (1.94%), Vitamin B6: 0.04mg (1.91%), Fiber: 0.38g (1.5%), Copper: 0.03mg (1.34%)