



Durlacher Hof Austrian Ricotta Crêpes

READY IN



45 min.

SERVINGS



4

CALORIES



708 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 teaspoons butter
- ☐ 1 large eggs
- ☐ 1 large egg yolk
- ☐ 0.7 cup flour all-purpose
- ☐ 1 cup cream light (cream)
- ☐ 1 teaspoon lemon zest shredded finely
- ☐ 4 cups milk
- ☐ 1 part-skim ricotta
- ☐ 0.5 cup raisins

- ☐ 0.5 cup sugar
- ☐ 4 servings roasted cranberry sauce
- ☐ 4 servings frangelico
- ☐ 4 servings frangelico

Equipment

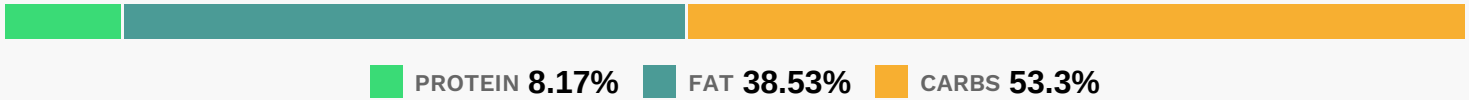
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ baking pan
- ☐ spatula

Directions

- ☐ To make crpes, whirl 1 1/4 cups milk, 1 egg, and flour in a blender until smooth.
- ☐ Place over medium heat a nonstick frying pan that measures 7 to 8 inches across bottom. When hot, add 1/4 teaspoon butter and swirl to coat pan.
- ☐ Pour in 1/4 cup batter, quickly tilting pan so batter flows over entire flat surface. Cook until crpe is dry on top and edge is browned, about 30 seconds. Turn crpe with a spatula and brown other side, about 15 seconds. Invert from pan onto a plate. Repeat, stacking crpes as made. You need 8 crpes; reserve any extras for another use.
- ☐ To make filling, soak raisins in hot water for 2 to 3 minutes.
- ☐ Beat ricotta, 1/4 cup sugar, and egg yolk until well mixed.
- ☐ Drain raisins and stir into ricotta mixture.
- ☐ Spoon 1/8 of the filling (about 1/4 cup) across lower third of each crpe, and roll to enclose.
- ☐ Place filled crpes, seam side down, in a lightly buttered shallow 9- by 13-inch baking dish or shallow casserole.
- ☐ To make custard, whisk 1/4 cup sugar and 1 egg with half-and-half.
- ☐ Pour evenly over filled crpes.

- ☐
- Bake in a 375 oven until custard at casserole edge no longer jiggles when gently shaken, about 20 minutes.
- ☐
- Sprinkle casserole with about 1 teaspoon sugar and shredded lemon peel. Lift out crpes with a wide spatula.
- ☐
- Serve warm with cranberry sauce and sour cream added to taste.

Nutrition Facts



Properties

Glycemic Index:60.47, Glycemic Load:40.92, Inflammation Score:-6, Nutrition Score:16.81478250545%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg, Myricetin: 1.89mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 708.02kcal (35.4%), Fat: 31.11g (47.87%), Saturated Fat: 17.39g (108.68%), Carbohydrates: 96.82g (32.27%), Net Carbohydrates: 94.2g (34.26%), Sugar: 59.16g (65.73%), Cholesterol: 188.08mg (62.69%), Sodium: 165.98mg (7.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.85g (29.7%), Vitamin B2: 0.65mg (38.12%), Calcium: 366.48mg (36.65%), Phosphorus: 364.2mg (36.42%), Vitamin B12: 1.63µg (27.24%), Selenium: 18.8µg (26.86%), Vitamin A: 1249.37IU (24.99%), Vitamin B1: 0.36mg (23.89%), Vitamin D: 3.52µg (23.48%), Potassium: 639.93mg (18.28%), Vitamin B5: 1.49mg (14.87%), Folate: 53.96µg (13.49%), Vitamin B6: 0.26mg (12.79%), Manganese: 0.25mg (12.48%), Magnesium: 46.78mg (11.7%), Iron: 2.09mg (11.63%), Vitamin E: 1.63mg (10.87%), Zinc: 1.62mg (10.77%), Fiber: 2.62g (10.47%), Vitamin B3: 1.8mg (8.98%), Copper: 0.12mg (6.21%), Vitamin K: 3.46µg (3.29%), Vitamin C: 2.69mg (3.26%)