



## Easy Savoury Crepes

READY IN



95 min.

SERVINGS



14

CALORIES



193 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 5 tablespoons butter
- ☐ 0.3 cup herb and garlic cream cheese
- ☐ 3 eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 1.3 cups milk 1% 2%
- ☐ 2.5 cups rotisserie chicken cut shredded

☐ 0.3 teaspoon salt

## Equipment

☐ bowl

☐ frying pan

☐ oven

☐ whisk

☐ casserole dish

## Directions

☐ Preheat oven to 350 degrees F (175 degrees C).

☐ Crepes: In a bowl, combine flour and salt. In a separate bowl, whisk together eggs, milk and melted butter.

☐ Whisk egg mixture into flour mixture until smooth. Cover and refrigerate for 1 hour. Strain mixture into a clean bowl.

☐ Heat a small non-stick skillet or crepe pan over medium heat.

☐ Brush pan with some oil.

☐ Pour approximately 1/4 cup batter into centre of pan, swirling pan to coat. Cook for about 1 minute or until bottom is a light golden colour. Flip and cook for 30 seconds.

☐ Transfer to plate. Repeat with remaining batter. (Make-ahead: Stack crepes between waxed paper, wrap and refrigerate for up to 3 days or freeze for up to 1 month.)

☐ Chicken and Garlic Filling: In a skillet, melt 3 tablespoons of the butter over medium high heat with garlic and thyme.

☐ Add chicken and cook, stirring for 5 minutes or until heated through. Stir in cream cheese until melted and smooth.

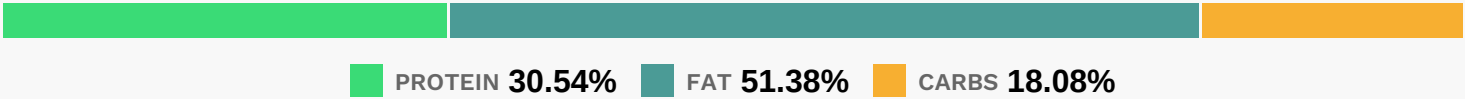
☐ Remove from heat and divide the chicken mixture into centre of each crepe and fold over.

☐ Place in shallow casserole dish, overlapping slightly. Melt remaining 2 tablespoons butter and drizzle over stuffed crepes.

☐ Place in preheated oven for about 10 minutes or until warmed through.

☐ Sprinkle with parsley before serving.

# Nutrition Facts



## Properties

Glycemic Index:19.29, Glycemic Load:5.42, Inflammation Score:-4, Nutrition Score:3.7226087010425%

## Flavonoids

Apigenin: 1.24mg, Apigenin: 1.24mg, Apigenin: 1.24mg, Apigenin: 1.24mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 193.13kcal (9.66%), Fat: 11.07g (17.04%), Saturated Fat: 5.26g (32.86%), Carbohydrates: 8.77g (2.92%), Net Carbohydrates: 8.45g (3.07%), Sugar: 1.13g (1.26%), Cholesterol: 94.85mg (31.62%), Sodium: 271.86mg (11.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.81g (29.61%), Vitamin K: 9.86µg (9.39%), Selenium: 6.51µg (9.3%), Vitamin B2: 0.12mg (7.17%), Vitamin B1: 0.09mg (5.91%), Folate: 21.94µg (5.49%), Vitamin A: 272.95IU (5.46%), Phosphorus: 53.46mg (5.35%), Manganese: 0.08mg (4.23%), Calcium: 38.14mg (3.81%), Iron: 0.68mg (3.78%), Vitamin B12: 0.21µg (3.5%), Vitamin B3: 0.58mg (2.89%), Vitamin D: 0.43µg (2.85%), Vitamin B5: 0.28mg (2.79%), Vitamin B6: 0.05mg (2.28%), Zinc: 0.3mg (2%), Potassium: 64.79mg (1.85%), Vitamin C: 1.48mg (1.8%), Magnesium: 6.77mg (1.69%), Vitamin E: 0.24mg (1.57%), Fiber: 0.32g (1.27%), Copper: 0.02mg (1.24%)