



Eat for Eight Bucks: Olive Oil Crepes with Leeks and Eggs

READY IN



35 min.

SERVINGS



2

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 3 eggs
- 0.3 cup flour all-purpose
- 1 clove garlic minced
- 0.5 cup gruyere cheese shredded
- 1 medium leek washed sliced into thin half moons well
- 0.5 cup milk
- 2 teaspoons olive oil

- 2 servings pepper freshly ground
- 2 servings salt

Equipment

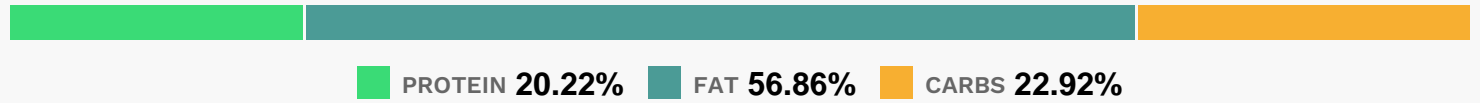
- frying pan
- sauce pan
- oven
- blender
- broiler
- offset spatula

Directions

- Blend milk, 1 egg, olive oil, pinch of salt, and flour in a mini prep or a blender. Set aside for 10-15 minutes.
- In a small saucepan, heat 2 teaspoons butter over medium heat.
- Add the leeks and cook, stirring often, about 10 minutes, until the leeks wilt. Do not let them brown.
- Add the garlic and cook for 2 more minutes, until the garlic is transparent.
- Sprinkle with salt and pepper and set aside.
- Preheat the broiler and set a rack at the highest level.
- Heat a 9 to 12-inch castiron pan over medium-high heat.
- Brush it with some of the remaining butter.
- Pour 1/3 cup of crepe batter into pan and tilt to spread it in an even, thin layer. Cook for about 3 minutes, until the top of the crepe looks dry and slightly bubbly. Using a small offset spatula, release the edges of the crepe from the pan and flip the crepe with your fingers.
- Sprinkle half the leeks and half the cheese over the surface of the crepe, leaving a space in the middle for the egg. Crack 1 egg into this space, and sprinkle it with salt and pepper.
- Transfer the pan to the oven and broil for 3-4 minutes, until the whites have cooked but the yolk is still runny. Slide the crepe onto a plate, folding it in half if you wish.
- Make the second crepe the same way.

You will have enough batter for one more crepe; I recommend spreading it with butter and sprinkling with sugar and lemon juice for dessert.

Nutrition Facts



Properties

Glycemic Index:128.5, Glycemic Load:14.5, Inflammation Score:-8, Nutrition Score:20.193043397821%

Flavonoids

Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 458.28kcal (22.91%), Fat: 28.91g (44.48%), Saturated Fat: 13.64g (85.25%), Carbohydrates: 26.22g (8.74%), Net Carbohydrates: 24.8g (9.02%), Sugar: 5.11g (5.68%), Cholesterol: 304.19mg (101.4%), Sodium: 600.99mg (26.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.14g (46.27%), Selenium: 34µg (48.57%), Calcium: 479.67mg (47.97%), Phosphorus: 434.15mg (43.41%), Vitamin B2: 0.6mg (35.2%), Vitamin A: 1685.49IU (33.71%), Folate: 101.2µg (25.3%), Vitamin B12: 1.46µg (24.28%), Vitamin K: 25.34µg (24.13%), Manganese: 0.42mg (21.05%), Vitamin B1: 0.27mg (18.27%), Iron: 3.17mg (17.63%), Zinc: 2.61mg (17.42%), Vitamin B5: 1.6mg (15.96%), Vitamin B6: 0.31mg (15.4%), Vitamin D: 2.19µg (14.59%), Vitamin E: 1.98mg (13.19%), Magnesium: 44.85mg (11.21%), Potassium: 320.81mg (9.17%), Vitamin B3: 1.57mg (7.86%), Copper: 0.15mg (7.4%), Vitamin C: 5.81mg (7.04%), Fiber: 1.42g (5.68%)