



## Egg Crepes with Sausage

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 12 ounce diestel breakfast sausage reduced-fat
- 3 ounces cream cheese fat-free
- 1 large eggs
- 4 large egg whites
- 3 tablespoons milk 1% low-fat
- 0.8 cup cream sour reduced-fat
- 0.5 cup onion finely chopped

### Equipment

- frying pan
- blender
- spatula

## Directions

- To prepare filling, cook sausage and onion in a large nonstick skillet over medium-high heat 9 minutes or until browned, stirring to crumble.
- Add cream cheese to sausage mixture, stirring until melted. Stir in sour cream.
- Remove pan from heat; cover and keep warm.
- To prepare crepes, place egg, egg whites, and milk in a blender; process 15 seconds.
- Let stand 8 minutes.
- Heat an 8-inch crepe pan or nonstick skillet over medium heat. Coat pan with cooking spray.
- Pour about 2 tablespoons egg mixture into center of pan; quickly tilt pan in all directions so batter covers pan with a thin film. Cook about 1 minute or until edges are dry, batter is almost set, and bottom is brown. Carefully lift edge of crepe with a spatula to test for doneness. Turn crepe over, and cook an additional 20 seconds.
- Remove to a plate. Repeat procedure 7 times with remaining batter.
- Spoon about 1/4 cup filling into center of the less-browned side of each crepe. Fold sides over filling; roll up.
- Place 2 filled crepes, seam sides up, on each of 4 serving plates.
- Garnish with chopped fresh parsley, if desired.
- Serve immediately.

## Nutrition Facts

 PROTEIN 19.65%  FAT 73.92%  CARBS 6.43%

## Properties

Glycemic Index:20.5, Glycemic Load:0.73, Inflammation Score:0, Nutrition Score:10.835217310035%

## Flavonoids

Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## **Nutrients (% of daily need)**

Calories: 439.49kcal (21.97%), Fat: 35.82g (55.11%), Saturated Fat: 15.09g (94.29%), Carbohydrates: 7.02g (2.34%), Net Carbohydrates: 6.68g (2.43%), Sugar: 2.58g (2.87%), Cholesterol: 144.87mg (48.29%), Sodium: 721.18mg (31.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.42g (42.85%), Vitamin B2: 0.43mg (25.15%), Phosphorus: 215.27mg (21.53%), Vitamin B3: 4.13mg (20.65%), Selenium: 13.94µg (19.91%), Vitamin B12: 1.16µg (19.34%), Vitamin B1: 0.28mg (18.53%), Vitamin B6: 0.33mg (16.72%), Zinc: 2.42mg (16.14%), Potassium: 448.54mg (12.82%), Calcium: 117.17mg (11.72%), Vitamin A: 580.74IU (11.61%), Vitamin D: 1.57µg (10.44%), Vitamin B5: 1.01mg (10.11%), Iron: 1.28mg (7.14%), Magnesium: 26.61mg (6.65%), Folate: 18.73µg (4.68%), Copper: 0.09mg (4.57%), Vitamin E: 0.61mg (4.08%), Vitamin C: 2.46mg (2.99%), Manganese: 0.04mg (1.99%), Fiber: 0.34g (1.36%), Vitamin K: 1.13µg (1.08%)