



Egg Crepes with Sausage

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



387 kcal

MORNING MEAL

BRUNCH

BREAKFAST

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 cup heavy whipping cream sour reduced-fat
- ☐ 0.5 cup onion finely chopped

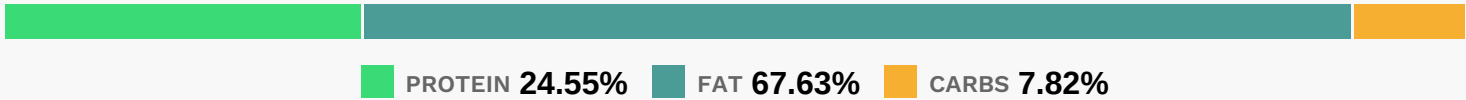
Equipment

- ☐ 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



Properties

Glycemic Index:13.75, Glycemic Load:0.41, Inflammation Score:-3, Nutrition Score:11.474347967169%

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: 387.4kcal (19.37%), Fat: 28.72g (44.18%), Saturated Fat: 10.93g (68.3%), Carbohydrates: 7.47g (2.49%), Net Carbohydrates: 7.13g (2.59%), Sugar: 2.95g (3.27%), Cholesterol: 125.94mg (41.98%), Sodium: 803.68mg (34.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.45g (46.91%), Phosphorus: 303.72mg (30.37%), Vitamin B2: 0.44mg (25.59%), Vitamin B12: 1.32µg (21.93%), Vitamin B3: 4.16mg (20.79%), Selenium: 13.15µg (18.79%), Vitamin B1: 0.28mg (18.77%), Zinc: 2.63mg (17.56%), Calcium: 171.18mg (17.12%), Vitamin B6: 0.33mg (16.66%), Potassium: 479.58mg (13.7%), Vitamin B5: 1.07mg (10.69%), Vitamin D: 1.57µg (10.44%), Magnesium: 29.38mg (7.34%), Iron: 1.3mg (7.23%), Vitamin A: 306.46IU (6.13%), Folate: 24.26µg (6.06%), Copper: 0.1mg (4.76%), Vitamin C: 2.46mg (2.99%), Vitamin E: 0.43mg (2.88%), Manganese: 0.04mg (2.06%), Fiber: 0.34g (1.36%)