



 **79%**
HEALTH SCORE

Elegant Seafood Crepes

 Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



2399 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 Tbsp butter divided
- 6 oz crab meat flaked drained canned
- 8 oz philadelphia cream cheese cubed
- 2 eggs
- 1 cup flour
- 1 clove garlic finely chopped
- 1 tsp ground nutmeg
- 1 cup milk

- 0.5 tsp salt
- 1 lb shrimp frozen thawed cooked
- 0.5 cup tomato sauce

Equipment

- bowl
- frying pan
- sauce pan
- ladle
- whisk
- spatula

Directions

- Melt 2 Tbsp. of the butter; set aside. Beat eggs and milk in medium bowl with wire whisk until well blended.
- Add melted butter, the flour and salt; beat until smooth.
- Let stand 20 min.
- Heat lightly greased medium nonstick skillet on medium heat. Ladle 1/4 cup batter into skillet, tilting pan to form a thin round circle. Cook 1 to 2 min. or until edge of crepe is lightly browned. Carefully turn crepe with spatula; cook an additional 30 sec.
- Remove from skillet; cover to keep warm. Repeat to make a total of 8 crepes.
- Melt remaining 1 Tbsp. butter in small saucepan on medium heat.
- Add garlic; cook and stir 2 min. Gradually add cream cheese, stirring until completely melted.
- Add shrimp, crabmeat and tomato sauce; stir. Cook 10 min. or until heated through. Spoon 1/3 cup of the seafood mixture down center of each crepe; roll up.
- Sprinkle lightly with nutmeg.

Nutrition Facts

 **PROTEIN 28.22%**  **FAT 50.4%**  **CARBS 21.38%**

Properties

Glycemic Index:335, Glycemic Load:79.55, Inflammation Score:-10, Nutrition Score:70.018695416658%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 2398.62kcal (119.93%), Fat: 134.72g (207.26%), Saturated Fat: 76.62g (478.87%), Carbohydrates: 128.54g (42.85%), Net Carbohydrates: 122.81g (44.66%), Sugar: 25.97g (28.86%), Cholesterol: 1572.57mg (524.19%), Sodium: 4447.91mg (193.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 169.72g (339.45%), Selenium: 168.13µg (240.18%), Phosphorus: 2219.64mg (221.96%), Copper: 3.62mg (180.9%), Vitamin B12: 8.34µg (138.94%), Vitamin B2: 2.13mg (125.58%), Zinc: 17.1mg (113.98%), Vitamin A: 5517.27IU (110.35%), Calcium: 1070.8mg (107.08%), Folate: 391.34µg (97.83%), Vitamin B1: 1.29mg (85.97%), Potassium: 2952.62mg (84.36%), Magnesium: 331.78mg (82.94%), Manganese: 1.44mg (71.77%), Vitamin B3: 13.87mg (69.34%), Iron: 12.11mg (67.28%), Vitamin B5: 6.24mg (62.39%), Vitamin E: 8.96mg (59.71%), Vitamin B6: 0.91mg (45.39%), Vitamin D: 4.44µg (29.63%), Fiber: 5.73g (22.93%), Vitamin C: 15.19mg (18.41%), Vitamin K: 13.11µg (12.48%)