



Extreme Crepes

 Vegetarian

READY IN

ready

30 min.

SERVINGS

servings

8

CALORIES

calories

245 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 cups milk
- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon vegetable oil
- ☐ 0.8 cup sugar white

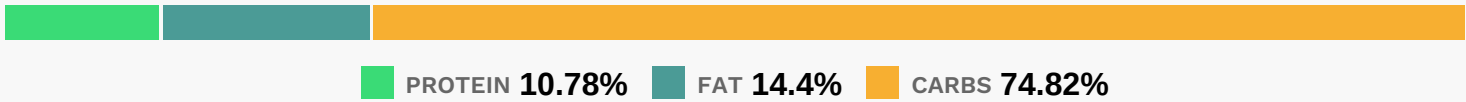
Equipment

- ☐ frying pan
- ☐ blender
- ☐ spatula

Directions

- ☐ Place milk, sugar, flour, eggs, baking powder, vanilla and oil in a blender; puree until smooth.
- ☐ Lightly butter 6 inch skillet; heat over medium heat. For each crepe, pour 1/4 cup batter into skillet; immediately rotate skillet until batter covers bottom. Cook until light brown. Run spatula around edge to loosen; turn and cook other side until light brown. Stack crepes, placing waxed paper between each; keep covered until ready to serve.

Nutrition Facts



Properties

Glycemic Index:34.39, Glycemic Load:31.8, Inflammation Score:-3, Nutrition Score:7.943913122882%

Nutrients (% of daily need)

Calories: 245.48kcal (12.27%), Fat: 3.93g (6.04%), Saturated Fat: 1.61g (10.08%), Carbohydrates: 45.93g (15.31%), Net Carbohydrates: 45.08g (16.39%), Sugar: 21.83g (24.26%), Cholesterol: 48.24mg (16.08%), Sodium: 198.66mg (8.64%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 6.62g (13.23%), Selenium: 15.25µg (21.78%), Vitamin B1: 0.28mg (18.93%), Calcium: 174.26mg (17.43%), Vitamin B2: 0.29mg (17.23%), Folate: 62.36µg (15.59%), Phosphorus: 150.04mg (15%), Manganese: 0.22mg (11.04%), Iron: 1.82mg (10.1%), Vitamin B3: 1.92mg (9.6%), Vitamin B12: 0.43µg (7.12%), Vitamin D: 0.89µg (5.94%), Vitamin B5: 0.53mg (5.33%), Zinc: 0.61mg (4.09%), Potassium: 141.53mg (4.04%), Magnesium: 15.98mg (3.99%), Vitamin B6: 0.07mg (3.49%), Fiber: 0.85g (3.39%), Vitamin A: 158.22IU (3.16%), Copper: 0.06mg (2.77%), Vitamin E: 0.21mg (1.41%), Vitamin K: 1.34µg (1.28%)