



## Florentine Cheese CrÃpes

READY IN



80 min.

SERVINGS



20

CALORIES



99 kcal

### Ingredients

- 0.3 cup butter
- 1 Tbsp butter melted
- 2 eggs
- 0.8 cup flour divided
- 10 oz pkt spinach frozen cooked drained chopped well
- 2 cups milk divided
- 1 dash paprika
- 0.5 cup parmesan cheese grated kraft
- 0.3 tsp salt
- 1 cup swiss cheese shredded kraft

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan
- spatula

## Directions

- Combine 1/2 cup flour and salt in medium bowl.
- Add eggs, melted butter and 1/2 cup milk; whisk until blended.
- Let stand 30 min.
- Spray heavy 8-inch skillet with cooking spray; heat on medium heat.
- Pour 2 Tbsp. batter into skillet; tilt skillet to evenly cover bottom of skillet with batter. Cook 1 to 2 min. or until bottom of crpe is lightly browned. Run spatula around edge of crpe to loosen from skillet; turn crpe. Cook 1 min. or until bottom of crpe is lightly browned.
- Remove from skillet; set aside. Repeat with remaining batter to make 7 additional crpes.
- Heat oven to 350F. Melt 1/4 cup butter in medium saucepan on low heat. Stir in remaining flour. Cook and stir 2 min. or until bubbly. Gradually stir in remaining milk until blended. Bring to boil on medium heat, stirring constantly. Cook on medium-low heat 2 to 3 min. or until thickened, stirring constantly.
- Add Parmesan; mix well.
- Combine spinach and Swiss cheese in medium bowl.
- Add 1 cup cream cheese sauce; mix well. Spoon about 1/4 cup spinach mixture down center of each crpe; roll up.
- Place, seam sides down, in 13x9-inch baking dish sprayed with cooking spray; top with remaining cream cheese sauce.
- Sprinkle with paprika.

Bake 25 to 30 min. or until heated through.

## Nutrition Facts

**PROTEIN 18.27%** **FAT 58.74%** **CARBS 22.99%**

### Properties

Glycemic Index:7.75, Glycemic Load:3.04, Inflammation Score:-8, Nutrition Score:8.1186955933986%

### Nutrients (% of daily need)

Calories: 99.3kcal (4.97%), Fat: 6.55g (10.07%), Saturated Fat: 2.57g (16.04%), Carbohydrates: 5.77g (1.92%), Net Carbohydrates: 5.23g (1.9%), Sugar: 1.3g (1.44%), Cholesterol: 26.49mg (8.83%), Sodium: 142.27mg (6.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.17%), Vitamin K: 52.95µg (50.43%), Vitamin A: 1920.86IU (38.42%), Calcium: 122.72mg (12.27%), Selenium: 6.75µg (9.65%), Phosphorus: 93.04mg (9.3%), Folate: 31.87µg (7.97%), Vitamin B2: 0.14mg (7.94%), Manganese: 0.14mg (6.83%), Vitamin B12: 0.37µg (6.19%), Vitamin B1: 0.07mg (4.48%), Magnesium: 17.89mg (4.47%), Vitamin E: 0.63mg (4.19%), Zinc: 0.61mg (4.09%), Iron: 0.58mg (3.23%), Potassium: 106.77mg (3.05%), Vitamin B6: 0.05mg (2.75%), Vitamin D: 0.37µg (2.46%), Vitamin B5: 0.23mg (2.27%), Fiber: 0.54g (2.16%), Vitamin B3: 0.38mg (1.92%), Copper: 0.03mg (1.71%)