



Fontina, Spinach, and Onion Crêpes

READY IN



45 min.

SERVINGS



4

CALORIES



502 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 teaspoon caraway seed
- ☐ 8 crêpes thin (6 or 7 in.)
- ☐ 0.8 lb fontina shredded
- ☐ 10 oz pkt spinach frozen thawed chopped
- ☐ 2 onions peeled thinly sliced (1 lb. total)
- ☐ 4 servings salt

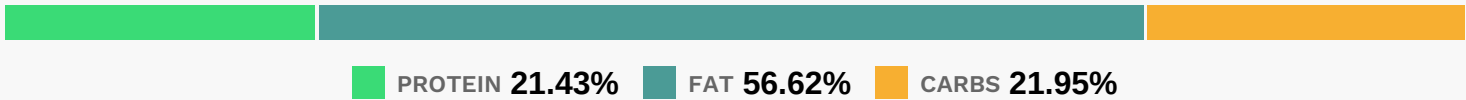
Equipment

- ☐ frying pan
- ☐ oven
- ☐ spatula

Directions

- ☐ In a 5- to 6-quart pan over medium heat, combine 1 tablespoon butter, onions, caraway, and 1/2 cup water. Cover and stir occasionally until onions are very limp, 10 to 15 minutes (add a few more tablespoons water if liquid evaporates before onions are ready), then uncover and stir often until liquid evaporates.
- ☐ Remove from heat.
- ☐ Squeeze excess liquid from spinach.
- ☐ Mix spinach with onions.
- ☐ Add 2 1/2 cups of the cheese and salt to taste; mix well.
- ☐ Lay crpes slightly apart on a counter, pale side up. Spoon equal amounts of spinach filling down center of crpes; roll to enclose.
- ☐ Set filled crpes, seams down and side by side, in a buttered shallow 3-quart casserole (9 by 13 in.).
- ☐ Bake in a 375 regular oven or 350 convection oven until hot in center, 15 to 20 minutes.
- ☐ Sprinkle remaining cheese in a band down center of crpes. Return to oven and bake until cheese melts, about 3 minutes. With a wide spatula, transfer crpes to plates.
- ☐ Add salt to taste.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:1.49, Inflammation Score:-10, Nutrition Score:24.523913196895%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg, Quercetin: 11.16mg

Nutrients (% of daily need)

Calories: 502.18kcal (25.11%), Fat: 31.79g (48.9%), Saturated Fat: 17.96g (112.27%), Carbohydrates: 27.73g (9.24%), Net Carbohydrates: 24.55g (8.93%), Sugar: 12.07g (13.41%), Cholesterol: 110.58mg (36.86%), Sodium: 1119.82mg (48.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.07g (54.14%), Vitamin K: 266.08µg (253.41%), Vitamin A: 9215.27IU (184.31%), Calcium: 596.34mg (59.63%), Phosphorus: 348.59mg (34.86%), Folate: 118.4µg (29.6%), Manganese: 0.59mg (29.44%), Selenium: 16.92µg (24.17%), Vitamin B12: 1.43µg (23.87%), Zinc: 3.5mg (23.3%), Vitamin B2: 0.35mg (20.61%), Magnesium: 71.96mg (17.99%), Vitamin E: 2.42mg (16.11%), Vitamin B6: 0.26mg (13.03%), Fiber: 3.18g (12.72%), Iron: 2.09mg (11.63%), Potassium: 388.22mg (11.09%), Vitamin C: 8.08mg (9.79%), Vitamin B1: 0.11mg (7.47%), Copper: 0.15mg (7.47%), Vitamin B5: 0.5mg (5.02%), Vitamin D: 0.51µg (3.4%), Vitamin B3: 0.57mg (2.85%)