



French Crepes Suzette

 Gluten Free

READY IN



32 min.

SERVINGS



6

CALORIES



191 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.8 cup milk
- ☐ 2 eggs
- ☐ 0.3 cup butter
- ☐ 1 teaspoon orange zest grated
- ☐ 0.3 cup orange juice
- ☐ 0.3 cup sugar
- ☐ 0.3 cup pear liqueur orange-flavored
- ☐ 1 cup frangelico

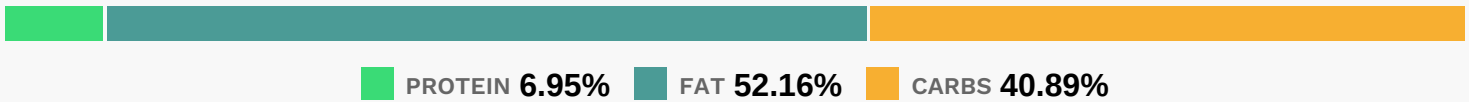
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Beat Bisquick mix, milk and eggs in small bowl with fork or wire whisk until blended. Lightly butter 8-inch skillet; heat over medium heat until bubbly. For each crepe, pour 2 tablespoons batter into skillet; immediately rotate skillet until batter covers bottom. Cook until golden brown. Run wide spatula around edge to loosen; turn and cook other side until golden brown. Stack crepes, placing waxed paper between each; keep covered.
- ☐ Heat 1/4 cup butter, the orange peel, orange juice and sugar to boiling in 10-inch skillet, stirring occasionally; reduce heat. Simmer uncovered 5 minutes, stirring occasionally.
- ☐ Heat liqueur in 1-quart saucepan, but do not boil.
- ☐ Fold crepes into fourths; place in hot orange sauce in skillet and turn once. Arrange crepes around edge of skillet.
- ☐ Pour warm liqueur into center of skillet and carefully ignite. After flame dies, place 2 crepes on each dessert plate; spoon warm sauce onto crepes.

Nutrition Facts



Properties

Glycemic Index:26.68, Glycemic Load:8.85, Inflammation Score:-4, Nutrition Score:3.2939130372327%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 191.29kcal (9.56%), Fat: 10.04g (15.45%), Saturated Fat: 2.61g (16.3%), Carbohydrates: 17.71g (5.9%), Net Carbohydrates: 17.66g (6.42%), Sugar: 17.31g (19.24%), Cholesterol: 58.22mg (19.41%), Sodium: 121.83mg (5.3%), Alcohol: 3.98g (100%), Alcohol %: 5.84% (100%), Protein: 3.01g (6.02%), Vitamin A: 489IU (9.78%), Selenium: 5.16µg (7.38%), Vitamin B2: 0.12mg (6.95%), Vitamin C: 5.64mg (6.84%), Phosphorus: 63.85mg (6.38%), Vitamin B12: 0.3µg (5.08%), Calcium: 50.35mg (5.04%), Vitamin D: 0.63µg (4.19%), Vitamin B5: 0.37mg (3.68%), Vitamin E: 0.47mg (3.12%), Potassium: 91.56mg (2.62%), Folate: 10.19µg (2.55%), Vitamin B6: 0.05mg (2.46%), Vitamin B1: 0.03mg (2.24%), Zinc: 0.32mg (2.14%), Magnesium: 6.91mg (1.73%), Iron: 0.29mg (1.59%)