



WHATSHATE

Fresh Herb Crêpes



Vegetarian

READY IN



80 min.

SERVINGS



1

CALORIES



827 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.5 cup herbs: rosemary fresh chopped (such as parsley, chives, basil, and tarragon)
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt

Equipment

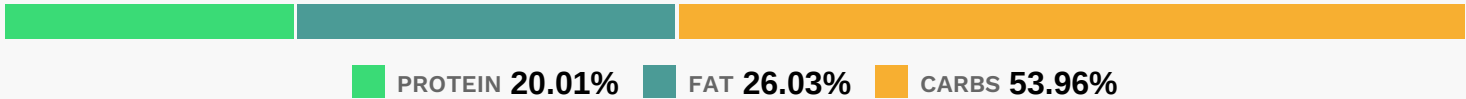
- ☐ frying pan
- ☐ whisk

☐ kitchen towels

Directions

- ☐ Whisk together first 4 ingredients until blended. Cover and chill 1 hour. Stir in herbs.
- ☐ Coat bottom of a 6-inch crpe pan or heavy skillet with cooking spray; place over medium heat until hot.
- ☐ Pour a scant 1/4 cup batter into pan; quickly tilt pan in all directions so batter evenly covers bottom of pan. Cook 1 minute or until crpe can be shaken loose from pan. (Do not turn crpe.)
- ☐ Place crpe on a dish towel to cool. Repeat procedure with remaining batter, coating pan with cooking spray between batches.
- ☐ Note: To make ahead, stack cooled crpes between sheets of waxed paper, and place in a zip-top plastic freezer bag. Store in refrigerator up to 2 days.

Nutrition Facts



Properties

Glycemic Index:145, Glycemic Load:73.63, Inflammation Score:-10, Nutrition Score:48.481739085654%

Flavonoids

Apigenin: 64.64mg, Apigenin: 64.64mg, Apigenin: 64.64mg, Apigenin: 64.64mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 4.45mg, Myricetin: 4.45mg, Myricetin: 4.45mg, Myricetin: 4.45mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 826.7kcal (41.33%), Fat: 23.53g (36.21%), Saturated Fat: 9.47g (59.17%), Carbohydrates: 109.76g (36.59%), Net Carbohydrates: 105.4g (38.33%), Sugar: 12.88g (14.32%), Cholesterol: 587.28mg (195.76%), Sodium: 1487.76mg (64.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 40.71g (81.41%), Vitamin K: 493.56µg (470.05%), Selenium: 93.09µg (132.99%), Vitamin B2: 1.67mg (98.18%), Folate: 344.85µg (86.21%), Vitamin B1: 1.2mg (80.25%), Vitamin A: 3732.48IU (74.65%), Phosphorus: 695.84mg (69.58%), Iron: 10.29mg (57.19%), Vitamin C: 39.9mg (48.36%), Manganese: 0.96mg (47.76%), Calcium: 444.99mg (44.5%), Vitamin B12: 2.65µg (44.21%), Vitamin B3: 8.14mg (40.71%), Vitamin B5: 3.88mg (38.77%), Vitamin D: 5.68µg (37.89%), Zinc: 4.13mg (27.56%), Potassium: 873.19mg (24.95%), Vitamin B6: 0.49mg (24.29%), Magnesium: 89.81mg (22.45%), Fiber: 4.36g (17.46%), Copper: 0.34mg (16.8%), Vitamin E: 2mg (13.31%)