



## Goat Cheese-Filled Cornbread Crêpes

READY IN



45 min.

SERVINGS



5

CALORIES



505 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 tablespoons butter
- 5 servings corn sauce fresh
- 16 cornbread crêpes
- 3 tablespoons basil fresh chopped
- 1 garlic clove pressed
- 12 ounce log goat cheese fresh crumbled
- 1 strips garnishes: reserved pepper and onion fresh
- 1 teaspoon pepper freshly ground
- 4 large bell peppers red

4 onions sweet

## Equipment

frying pan

baking sheet

oven

baking pan

aluminum foil

ziploc bags

## Directions

Place bell peppers on an aluminum foil-lined baking sheet.

Broil 5 inches from heat (with electric oven door partially open) 5 minutes on each side or until peppers look blistered, turning once.

Place peppers in a heavy-duty zip-top plastic bag; seal and let stand 10 minutes to loosen skins. Peel peppers; remove and discard seeds.

Cut into thin strips. Reserve 1/2 cup for garnish, if desired.

Cut sweet onions into 1/4-inch-thick slices, and separate into rings.

Melt butter in a large heavy skillet over medium-high heat; add onion, and saut 20 to 25 minutes or until onion is a light caramel color. Reserve 1 cup for garnish, if desired.

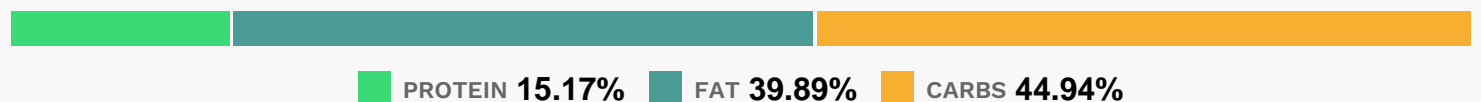
Stir together garlic and next 3 ingredients. Spoon evenly onto Cornbread Crpes; top with remaining bell pepper and onion.

Roll up, and place, seam side down, in a lightly greased 13- x 9-inch baking dish.

Bake at 350 for 15 to 20 minutes or until thoroughly heated.

Serve with Fresh Corn Sauce, and garnish, if desired.

## Nutrition Facts



## Properties

Glycemic Index:41.8, Glycemic Load:1.77, Inflammation Score:-10, Nutrition Score:24.546956539154%

## Flavonoids

Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Kaempferol: 3.05mg, Kaempferol: 3.05mg, Kaempferol: 3.05mg, Kaempferol: 3.05mg Myricetin: 3.03mg, Myricetin: 3.03mg, Myricetin: 3.03mg Quercetin: 38.76mg, Quercetin: 38.76mg, Quercetin: 38.76mg, Quercetin: 38.76mg

## Nutrients (% of daily need)

Calories: 505.03kcal (25.25%), Fat: 22.68g (34.88%), Saturated Fat: 12.53g (78.31%), Carbohydrates: 57.46g (19.15%), Net Carbohydrates: 52.16g (18.97%), Sugar: 32.21g (35.79%), Cholesterol: 50.38mg (16.79%), Sodium: 582.74mg (25.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.41g (38.81%), Vitamin C: 181.15mg (219.58%), Vitamin A: 5091.24IU (101.82%), Vitamin B6: 0.91mg (45.41%), Copper: 0.68mg (34.05%), Folate: 130.86µg (32.71%), Phosphorus: 284.31mg (28.43%), Vitamin B2: 0.43mg (25.18%), Manganese: 0.49mg (24.66%), Fiber: 5.3g (21.2%), Calcium: 195.94mg (19.59%), Potassium: 626.37mg (17.9%), Iron: 3.22mg (17.87%), Vitamin E: 2.44mg (16.25%), Vitamin B1: 0.23mg (15.43%), Vitamin K: 14.1µg (13.42%), Magnesium: 52.65mg (13.16%), Vitamin B5: 1.16mg (11.62%), Vitamin B3: 1.97mg (9.85%), Zinc: 1.33mg (8.83%), Selenium: 3.48µg (4.96%), Vitamin B12: 0.13µg (2.25%), Vitamin D: 0.27µg (1.81%)