



Good Morning Crepes

 Dairy Free

READY IN



18 min.

SERVINGS



4

CALORIES



320 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon pepper black
- 4 premade crepes whole-wheat
- 6 large eggs and egg whites beaten
- 4 tablespoons maple syrup divided
- 8 slices at least of turkey bacon

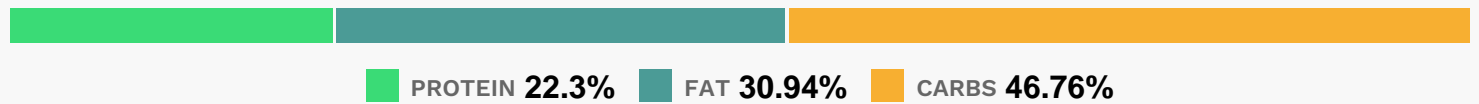
Equipment

- frying pan

Directions

- Heat a large nonstick skillet over medium-high heat; cook the turkey bacon until crisp (about 4-6 minutes), turning occasionally.
- Remove the turkey bacon from pan; set aside. Coat pan with cooking spray; heat over medium-high heat.
- Add eggs and black pepper to pan; scramble until desired degree of doneness (about 2-3 minutes), stirring well.
- Arrange 2 slices turkey bacon on a premade crepe. Top with 1/4 of the scrambled eggs (about 3/4 cup).
- Roll up or fold each crepe; drizzle each crepe with 1 tablespoon maple syrup.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:17.13, Glycemic Load:4.93, Inflammation Score:-1, Nutrition Score:7.3552173820689%

Nutrients (% of daily need)

Calories: 319.95kcal (16%), Fat: 10.96g (16.87%), Saturated Fat: 3.35g (20.91%), Carbohydrates: 37.27g (12.42%), Net Carbohydrates: 34.17g (12.43%), Sugar: 14.38g (15.98%), Cholesterol: 27.44mg (9.15%), Sodium: 1009.91mg (43.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.78g (35.56%), Vitamin B2: 0.54mg (31.69%), Selenium: 17.13µg (24.47%), Manganese: 0.48mg (24.07%), Phosphorus: 136.42mg (13.64%), Fiber: 3.1g (12.38%), Calcium: 110.11mg (11.01%), Iron: 1.77mg (9.83%), Potassium: 237.95mg (6.8%), Zinc: 1mg (6.7%), Vitamin B3: 1.06mg (5.29%), Vitamin B6: 0.09mg (4.62%), Magnesium: 17.98mg (4.49%), Copper: 0.05mg (2.75%), Vitamin B12: 0.15µg (2.42%), Vitamin B1: 0.03mg (2.14%), Vitamin K: 2.19µg (2.09%), Vitamin E: 0.29mg (1.93%), Folate: 4.52µg (1.13%)