



Grandma Irena's Palacsinta (Hungarian Crepes)

READY IN



550 min.

SERVINGS



12

CALORIES



266 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 cup almonds chopped
- 0.5 cup bittersweet chocolate chopped
- 2 eggs
- 2 cups flour all-purpose
- 2 tablespoons butter
- 0.3 cup milk
- 1 pinch salt
- 1 cup soda water

- 0.3 teaspoon vanilla extract
- 0.5 cup vegetable oil
- 0.3 cup water
- 0.5 cup sugar white

Equipment

- frying pan
- sauce pan
- microwave

Directions

- Combine the flour and eggs and mix until smooth.
- Add the milk, soda water, vegetable oil, and salt and mix to combine; refrigerate the batter overnight.
- To make the pancakes, heat a lightly greased frying pan over medium heat.
- Remove the batter from the refrigerator and mix well.
- Pour 1/4 cup of the batter into the pan and cook the pancake for about one minute. Flip it over and cook for another minute, or until golden brown.
- Remove the pancake from the pan and place it on waxed paper. Repeat with the remaining batter, stacking the pancakes while keeping them separate with waxed paper.
- To make the filling, combine the chopped almonds, 1/2 cup sugar, milk, vanilla extract, and rum (if desired) in a saucepan. Cook and stir over low heat until the sugar is dissolved and the mixture is creamy. Allow it to cool slightly before filling the pancakes.
- For the chocolate topping, combine the water, 1/2 cup sugar, and chocolate in a saucepan and cook over low heat just until the chocolate melts.
- Remove the pan from the heat and add the margarine, stirring until melted and combined.
- Spread 1 heaping tablespoon of almond filling onto each pancake, rolling them up and placing them on a platter. (You will have 10 to 15 total, depending on their size.)
- Pour the chocolate topping over the platter of rolled pancakes. If desired, warm the platter in a microwave for about 30 seconds before serving.

Nutrition Facts

PROTEIN 9.23% FAT 45.03% CARBS 45.74%

Properties

Glycemic Index:16.09, Glycemic Load:17.52, Inflammation Score:-4, Nutrition Score:8.8408696189037%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 265.75kcal (13.29%), Fat: 13.53g (20.81%), Saturated Fat: 3.08g (19.26%), Carbohydrates: 30.92g (10.31%), Net Carbohydrates: 28.28g (10.28%), Sugar: 11.85g (13.17%), Cholesterol: 28.33mg (9.44%), Sodium: 43.32mg (1.88%), Alcohol: 0.03g (100%), Alcohol %: 0.04% (100%), Caffeine: 6.27mg (2.09%), Protein: 6.24g (12.47%), Manganese: 0.51mg (25.7%), Vitamin E: 3.41mg (22.71%), Vitamin B2: 0.29mg (16.79%), Selenium: 10.56µg (15.09%), Vitamin B1: 0.2mg (13.09%), Magnesium: 51.41mg (12.85%), Copper: 0.25mg (12.58%), Phosphorus: 118.97mg (11.9%), Folate: 46.84µg (11.71%), Iron: 2mg (11.14%), Fiber: 2.64g (10.54%), Vitamin B3: 1.73mg (8.67%), Zinc: 0.85mg (5.65%), Calcium: 51.99mg (5.2%), Potassium: 170.39mg (4.87%), Vitamin K: 3.97µg (3.78%), Vitamin B5: 0.3mg (3.02%), Vitamin A: 135.06IU (2.7%), Vitamin B6: 0.04mg (2.19%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.2µg (1.35%)