



## Ham and Watercress Crepes

READY IN



45 min.

SERVINGS



30

CALORIES



84 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 6 oz cream cheese softened
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1.5 teaspoons ground cumin
- ☐ 15 slices ham black cooked thin (preferably Forest; 10 ounces)
- ☐ 0.8 teaspoon salt
- ☐ 0.3 cup shallots finely chopped

- ☐ 6 tablespoons butter unsalted softened
- ☐ 4 teaspoons vegetable oil
- ☐ 1.3 cups watercress sprigs fresh packed
- ☐ 0.8 cup milk whole

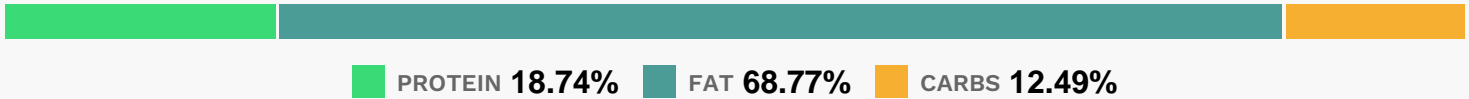
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

## Directions

- ☐ Blend all crêpe ingredients except butter in a blender until smooth. Chill batter 30 minutes.
- ☐ Brush a 10-inch nonstick skillet with some butter, then heat over moderately high heat until hot but not smoking. Holding skillet off heat, pour in 1/4 cup batter, immediately swirling and tilting to create a thin, even layer. (If batter sets before skillet is coated, reduce heat slightly. Next crêpe will be better.) Return skillet to heat and cook until just set and pale golden around edges, 10 to 15 seconds.
- ☐ Flip crêpe carefully and cook until underside is just cooked through and pale golden, about 20 seconds more.
- ☐ Transfer crêpe to a large plate. Make 4 more with remaining batter (5 more if first crêpe stuck to skillet), buttering skillet each time and stacking crêpes on plate as made.
- ☐ Stir together cream cheese, butter, shallot, cumin, and pepper in a small bowl until smooth.
- ☐ Put 1 crêpe on a work surface and spread with 3 tablespoons cheese filling. Fold 3 ham slices in half crosswise and put over lower half of crêpe. Scatter 1/4 cup watercress over ham. Starting at end with ham, tightly roll up crêpe, enclosing ham and watercress, to form an 8-inch log. Make 4 more logs in same manner.
- ☐ Cut each log crosswise into 6 pieces.

## Nutrition Facts



## Properties

Glycemic Index:9.03, Glycemic Load:1.43, Inflammation Score:-2, Nutrition Score:3.3660869909369%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 84.18kcal (4.21%), Fat: 6.45g (9.92%), Saturated Fat: 3.14g (19.61%), Carbohydrates: 2.63g (0.88%), Net Carbohydrates: 2.48g (0.9%), Sugar: 0.69g (0.77%), Cholesterol: 35.1mg (11.7%), Sodium: 246.18mg (10.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.95g (7.91%), Vitamin K: 9.42µg (8.97%), Selenium: 5.18µg (7.39%), Vitamin B1: 0.1mg (6.67%), Phosphorus: 65.34mg (6.53%), Vitamin C: 4.39mg (5.32%), Vitamin B2: 0.08mg (4.94%), Vitamin A: 243.11IU (4.86%), Vitamin B12: 0.28µg (4.62%), Vitamin B3: 0.65mg (3.25%), Zinc: 0.44mg (2.95%), Vitamin B6: 0.06mg (2.94%), Vitamin B5: 0.25mg (2.52%), Potassium: 78.23mg (2.24%), Iron: 0.39mg (2.18%), Calcium: 20.53mg (2.05%), Folate: 7.61µg (1.9%), Manganese: 0.04mg (1.9%), Magnesium: 6.34mg (1.58%), Vitamin E: 0.22mg (1.48%), Copper: 0.03mg (1.36%), Vitamin D: 0.18µg (1.17%)