



WHATSheATE



Ham, Egg and Gruyere Crepes with Maple Syrup

♡ Popular

READY IN



25 min.

SERVINGS



2

CALORIES



492 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 6 forest ham black with 1 teaspoons of dijon mustard, room temperature sliced
- ☐ 2 servings butter for the pan
- ☐ 1 eggs
- ☐ 2 eggs lightly beaten
- ☐ 0.5 cup flour
- ☐ 0.5 cup gruyere cheese grated room temperature
- ☐ 2 tablespoons maple syrup

- ☐ 0.8 cup milk
- ☐ 0.1 teaspoon salt

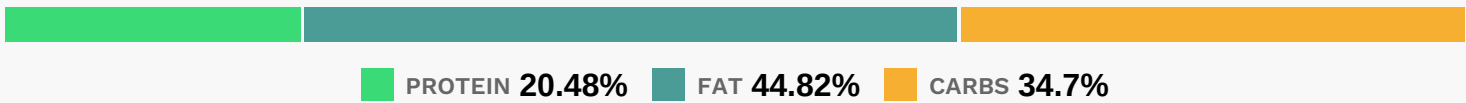
Equipment

- ☐ frying pan

Directions

- ☐ Mix the flour, egg, milk, salt and butter.
- ☐ Heat the pan over medium heat.Coat the surface of the pan with a thin layer of butter.
- ☐ Pour 1/4 cup of the mixture crepe mixture into the pan and tilt so that the mixture evenly coats the bottom of the pan.When the top of the crepe looks like it is almost set pour one of the eggs on and tilt the pan so that the egg evenly coats the crepe.
- ☐ Sprinkle the cheese on and when the eggs look like they are almost set, add the ham and set aside.Repeat 3–6 for the second crepe.Fold the crepes and serve drizzled with maple syrup.

Nutrition Facts



Properties

Glycemic Index:99.75, Glycemic Load:23.8, Inflammation Score:-6, Nutrition Score:19.921739298364%

Nutrients (% of daily need)

Calories: 492.38kcal (24.62%), Fat: 24.28g (37.35%), Saturated Fat: 12.62g (78.89%), Carbohydrates: 42.3g (14.1%), Net Carbohydrates: 41.46g (15.08%), Sugar: 16.94g (18.83%), Cholesterol: 305.17mg (101.72%), Sodium: 575.11mg (25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.96g (49.92%), Vitamin B2: 0.93mg (54.71%), Selenium: 37.43µg (53.47%), Calcium: 510.58mg (51.06%), Phosphorus: 457.7mg (45.77%), Manganese: 0.7mg (35.06%), Vitamin B12: 1.62µg (26.97%), Vitamin B1: 0.36mg (23.75%), Folate: 91.66µg (22.91%), Zinc: 2.88mg (19.18%), Vitamin A: 942.42IU (18.85%), Vitamin D: 2.52µg (16.83%), Vitamin B5: 1.68mg (16.81%), Iron: 2.72mg (15.13%), Magnesium: 41.96mg (10.49%), Vitamin B6: 0.21mg (10.43%), Vitamin B3: 2.04mg (10.22%), Potassium: 343.3mg (9.81%), Vitamin E: 0.97mg (6.44%), Copper: 0.1mg (5.21%), Fiber: 0.84g (3.38%), Vitamin K: 1.81µg (1.72%)