



Ham-Gouda Crêpes

READY IN



45 min.

SERVINGS



4

CALORIES



287 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 pound ham cooked thinly sliced
- ☐ 8 package d crêpes
- ☐ 3 tablespoons dijon mustard
- ☐ 7 ounces gouda cheese thinly sliced
- ☐ 4 servings ground nutmeg
- ☐ 4 servings parsley chopped

Equipment

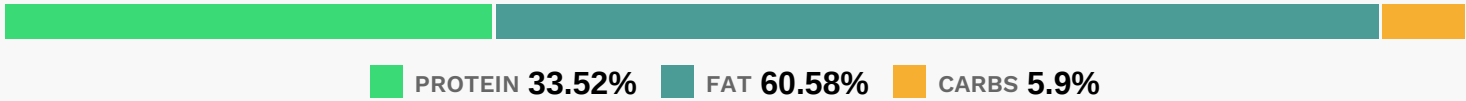
- ☐ frying pan

☐ oven

Directions

- ☐ Lay equal portions of thinly sliced cooked ham (1/2 lb. total) and thinly sliced gouda cheese (7 oz. total) on a quarter section of each of 8 packaged crpes (9 in.), then sprinkle lightly with ground nutmeg.
- ☐ Fold crpes in half over filling, then in half again to make a triangle. Set triangles, 3-layer side down, slightly apart in 2 nonstick or lightly oiled 10- by 15-inch pans.
- ☐ Bake in a 400 oven until filling is hot in the center and crpe edges are crisp, about 6 minutes; switch pan positions after 3 minutes.
- ☐ Transfer crpes to plates.
- ☐ Serve crpes topped with Dijon mstard (about 3 tablespoons total) and chopped parsley.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:0.77, Inflammation Score:-5, Nutrition Score:16.494782598122%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 287.08kcal (14.35%), Fat: 19.19g (29.53%), Saturated Fat: 10.32g (64.49%), Carbohydrates: 4.2g (1.4%), Net Carbohydrates: 3.17g (1.15%), Sugar: 2.42g (2.69%), Cholesterol: 98.79mg (32.93%), Sodium: 1198.62mg (52.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.89g (47.78%), Vitamin K: 66.91µg (63.72%), Phosphorus: 455.17mg (45.52%), Calcium: 368.37mg (36.84%), Selenium: 22.28µg (31.83%), Vitamin B12: 1.56µg (26.06%), Vitamin B1: 0.35mg (23.13%), Vitamin C: 18.64mg (22.59%), Zinc: 3.36mg (22.38%), Vitamin B2: 0.31mg (18.42%), Vitamin A: 626.31IU (12.53%), Vitamin B3: 2.19mg (10.94%), Vitamin B6: 0.2mg (9.97%), Magnesium: 37.35mg (9.34%), Potassium: 265.39mg (7.58%), Manganese: 0.14mg (7.17%), Vitamin B5: 0.71mg (7.13%), Iron: 1.11mg (6.19%), Copper: 0.12mg (5.87%), Folate: 20.51µg (5.13%), Fiber: 1.03g (4.13%), Vitamin D: 0.25µg (1.65%), Vitamin E: 0.19mg (1.26%)