



Herbed Crepes

 Vegetarian

READY IN



45 min.

SERVINGS



13

CALORIES



62 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 teaspoons butter melted
- 2 large eggs
- 4.5 ounces flour all-purpose
- 1 teaspoon chives fresh chopped
- 1 teaspoon parsley fresh chopped
- 1 cup milk 1% low-fat
- 0.3 teaspoon salt
- 2 teaspoons sugar

0.5 cup water

Equipment

bowl

frying pan

knife

blender

wax paper

spatula

measuring cup

Directions

Lightly spoon flour into a dry measuring cup; level with a knife.

Combine flour, sugar, parsley, chives, and salt in a small bowl.

Combine milk, water, melted butter, and eggs in a blender.

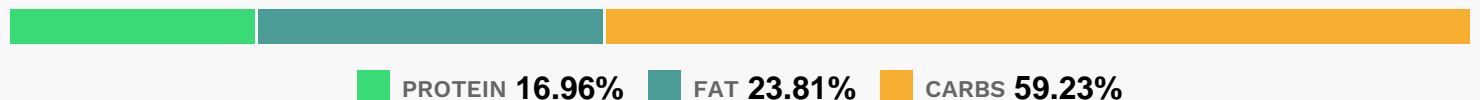
Add the flour mixture to milk mixture, and process until smooth. Cover batter; chill for 1 hour.

Heat an 8-inch nonstick crepe pan or skillet over medium heat.

Pour a scant 1/4 cup batter into pan; quickly tilt pan in all directions so batter covers pan with a thin film. Cook about 1 minute. Carefully lift the edge of the crepe with a spatula to test for doneness. The crepe is ready to turn when it can be shaken loose from the pan and the underside is lightly browned. Turn crepe over, and cook for 30 seconds or until center is set.

Place crepe on a towel; cool completely. Repeat procedure with the remaining batter, stirring batter between crepes. Stack crepes between single layers of wax paper to prevent sticking.

Nutrition Facts



Properties

Glycemic Index:20.93, Glycemic Load:5.85, Inflammation Score:-1, Nutrition Score:2.7286956443087%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg

Nutrients (% of daily need)

Calories: 62.44kcal (3.12%), Fat: 1.63g (2.5%), Saturated Fat: 0.75g (4.72%), Carbohydrates: 9.1g (3.03%), Net Carbohydrates: 8.84g (3.21%), Sugar: 1.57g (1.75%), Cholesterol: 31.18mg (10.39%), Sodium: 68.33mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.21%), Selenium: 6.08µg (8.69%), Vitamin B2: 0.11mg (6.44%), Vitamin B1: 0.09mg (6.04%), Folate: 22.05µg (5.51%), Phosphorus: 44.76mg (4.48%), Manganese: 0.07mg (3.5%), Iron: 0.59mg (3.29%), Vitamin B3: 0.61mg (3.03%), Vitamin B12: 0.18µg (3.01%), Calcium: 29.23mg (2.92%), Vitamin D: 0.35µg (2.36%), Vitamin B5: 0.23mg (2.28%), Vitamin A: 100.34IU (2.01%), Zinc: 0.25mg (1.66%), Potassium: 50.46mg (1.44%), Vitamin B6: 0.03mg (1.42%), Magnesium: 5.4mg (1.35%), Copper: 0.02mg (1.08%), Fiber: 0.27g (1.07%)