



Herbed Crepes with Smoked Salmon and Radishes

READY IN



45 min.

SERVINGS



2

CALORIES



210 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 oz cream cheese softened (1 tablespoon plus 2 teaspoons)
- ☐ 1 large eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 tablespoon chives fresh finely chopped
- ☐ 1 tablespoon optional: dill fresh finely chopped
- ☐ 0.3 teaspoon rounded coarsely ground pepper black
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 teaspoon lemon zest fresh finely grated

- ☐ 2 medium radishes cut into 1/8-inch-thick matchsticks (1/4 cup)
- ☐ 1 oz salmon smoked thinly sliced
- ☐ 2 teaspoons vegetable oil plus additional for cooking crêpes
- ☐ 0.3 cup milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ plastic wrap
- ☐ wax paper
- ☐ spatula

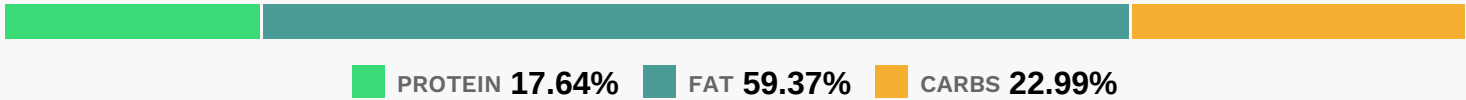
Directions

- ☐ Blend milk, flour, egg, and 2 teaspoons oil in a blender until smooth.
- ☐ Add chives and dill and pulse 1 or 2 times to just combine. Chill batter, covered, 30 minutes.
- ☐ Stir batter to redistribute herbs. Lightly brush a 10-inch nonstick skillet with oil, then heat over moderately high heat until hot but not smoking. Holding skillet off heat, pour in half of batter (1/4 cup), immediately tilting and rotating skillet to coat bottom. (If batter sets before skillet is coated, reduce heat slightly for next crêpe.) Return skillet to heat and cook until crêpe is just set and pale golden around edges, 10 to 15 seconds. Loosen edge of crêpe with a heatproof plastic spatula, then flip crêpe over carefully with your fingertips. Cook until underside is set, about 20 seconds more.
- ☐ Transfer crêpe to a plate. Make another crêpe in same manner, brushing skillet again with oil.
- ☐ Stir together cream cheese, lemon juice, zest, and pepper in a small bowl until smooth.
- ☐ Put 1 crêpe, browned side up, on a work surface, and spread with all of cheese mixture. Arrange salmon in an even layer over bottom half of crêpe (side nearest you), then scatter radishes over salmon. Beginning at bottom, tightly roll up crêpe, then cut roll crosswise into 4 pieces, trimming ends if desired.
- ☐ • Crêpes can be made (but not filled) 1 day ahead and chilled, layered between sheets of wax paper and then wrapped in plastic wrap. • Cheese mixture can be made 1 day ahead and chilled, covered. Bring to room temperature before using. • Crêpe can be rolled with filling (but

not cut) 1 hour ahead and kept, wrapped in plastic wrap, at room temperature.

☐ Cut into pieces just before serving.

Nutrition Facts



Properties

Glycemic Index:132, Glycemic Load:7.21, Inflammation Score:-4, Nutrition Score:9.0117390777754%

Flavonoids

Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg, Pelargonidin: 2.53mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg, Isorhamnetin: 0.19mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 209.55kcal (10.48%), Fat: 13.81g (21.25%), Saturated Fat: 5.25g (32.79%), Carbohydrates: 12.03g (4.01%), Net Carbohydrates: 11.53g (4.19%), Sugar: 2.79g (3.1%), Cholesterol: 115.46mg (38.49%), Sodium: 208.63mg (9.07%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 9.23g (18.46%), Selenium: 18.13µg (25.9%), Vitamin D: 3.37µg (22.47%), Vitamin B2: 0.28mg (16.34%), Vitamin B12: 0.94µg (15.59%), Phosphorus: 143.56mg (14.36%), Vitamin K: 12.47µg (11.88%), Vitamin A: 486.23IU (9.72%), Folate: 37.35µg (9.34%), Vitamin B1: 0.13mg (8.69%), Calcium: 85.4mg (8.54%), Vitamin B5: 0.81mg (8.08%), Vitamin B3: 1.44mg (7.18%), Manganese: 0.13mg (6.62%), Vitamin E: 0.98mg (6.54%), Iron: 1.18mg (6.53%), Vitamin B6: 0.13mg (6.36%), Potassium: 172.59mg (4.93%), Zinc: 0.71mg (4.73%), Magnesium: 15.94mg (3.98%), Copper: 0.08mg (3.92%), Vitamin C: 2.92mg (3.54%), Fiber: 0.51g (2.03%)