



Hungarian Crepes with Peanut Butter and Jam: Palacsinta

READY IN



60 min.

SERVINGS



4

CALORIES



597 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 servings confectioners' sugar
- 0.5 cup percent fat whole
- 2 eggs
- 0.5 cup flour all-purpose
- 1 teaspoon granulated sugar
- 1 c jam
- 4 servings peanut butter (smooth or chunky)
- 0.5 teaspoon salt

4 servings butter unsalted

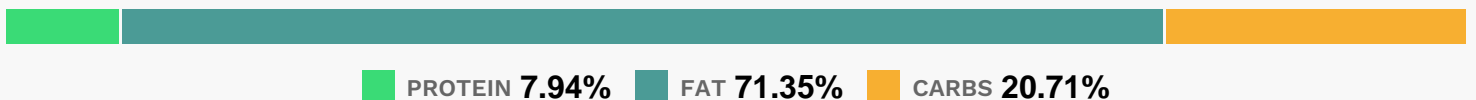
Equipment

- bowl
- frying pan
- ladle
- oven
- whisk
- spatula

Directions

- In a medium bowl, whisk together the eggs and milk.
- Whisk in the salt, granulated sugar and flour. Set aside for 30 minutes.
- Preheat the oven to 200 degrees and put a platter in the oven to heat.
- In a nonstick 8 to 10-inch skillet, melt about 1/2 teaspoon butter over medium heat. When it foams, pour or ladle in about 1/8 cup (2 tablespoons) batter. Lift and swirl the pan so the batter coats the bottom. Replace the pan on the burner and cook just until set and the underside is lightly browned. Using a spatula or your fingers, flip and cook until the other side is lightly browned.
- Transfer to the warmed platter. Repeat until the batter is used up.
- Remove the crepes from the oven. One by one, spread each crjpe with a thin layer of peanut butter and jam and roll up like a cigar.
- Place 2 rolled crepes on each of 4 serving plates.
- Sprinkle with confectioners' sugar and serve.

Nutrition Facts



Properties

Glycemic Index:46.02, Glycemic Load:10.5, Inflammation Score:-6, Nutrition Score:13.291304318801%

Flavonoids

Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 596.81kcal (29.84%), Fat: 48.46g (74.55%), Saturated Fat: 16.56g (103.52%), Carbohydrates: 31.66g (10.55%), Net Carbohydrates: 27.79g (10.11%), Sugar: 14.07g (15.63%), Cholesterol: 116.93mg (38.98%), Sodium: 460.6mg (20.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.13g (24.26%), Manganese: 0.82mg (40.79%), Vitamin B3: 5.43mg (27.15%), Vitamin E: 3.85mg (25.64%), Selenium: 13.66µg (19.52%), Folate: 75.6µg (18.9%), Phosphorus: 178.04mg (17.8%), Magnesium: 67.46mg (16.87%), Fiber: 3.87g (15.46%), Vitamin B2: 0.25mg (14.8%), Vitamin B1: 0.18mg (12.2%), Copper: 0.23mg (11.69%), Iron: 1.9mg (10.53%), Vitamin B6: 0.2mg (9.87%), Zinc: 1.43mg (9.54%), Vitamin C: 7.56mg (9.16%), Vitamin B5: 0.85mg (8.5%), Potassium: 287.32mg (8.21%), Vitamin D: 1.16µg (7.7%), Vitamin K: 7.69µg (7.32%), Vitamin A: 320.79IU (6.42%), Calcium: 42.25mg (4.23%), Vitamin B12: 0.2µg (3.4%)