



Jam-Filled Crepes

 Vegetarian

READY IN



85 min.

SERVINGS



8

CALORIES



225 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 tablespoons granulated sugar
- 2 large eggs
- 0.3 teaspoon salt
- 1 tablespoon brandy
- 1 cup milk whole
- 3 tablespoons butter unsalted cooled melted
- 1 cup flour all-purpose
- 0.7 cup strawberry jam (from a 10- to 12-oz jar)

- 10 inch frangelico

Equipment

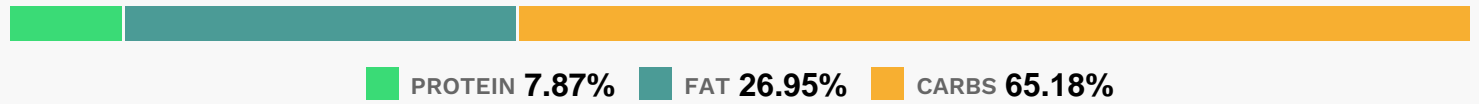
- bowl
- frying pan
- baking sheet
- oven
- blender
- wax paper
- spatula

Directions

- Blend milk, eggs, flour, granulated sugar, 2 tablespoons butter, and salt in a blender, scraping down side once or twice, until batter is smooth, about 1 minute.
- Let batter stand at room temperature 1 hour (this prevents tough crêpes). Stir together jam and brandy in a small bowl.
- Preheat oven to 250°F.
- Add 1/2 teaspoon butter to skillet and brush to coat bottom.
- Heat over moderate heat until hot, about 30 seconds, then pour 1/4 cup batter into skillet, tilting to coat bottom evenly. Cook until underside is pale golden, 1 1/2 to 2 minutes, then jerk skillet to loosen crêpe and flip crêpe with a spatula. Cook until underside is pale golden, 30 seconds to 1 minute.
- Transfer crêpe with spatula to a work surface, turning over so that side cooked first is facedown.
- Spread crêpe all over with 1 tablespoon jam and roll up jelly-roll style.
- Transfer to a heatproof platter and keep warm in oven. Make 7 more crêpes in same manner, transferring to oven (rolled crêpes can be arranged side by side or stacked like logs). Dust generously with vanilla sugar.
- To make vanilla sugar, combine 2 cups confectioners sugar with 1 vanilla bean, halved lengthwise and chopped, in an airtight container and let stand, covered, at least 24 hours. Sift to remove vanilla bean before using. Vanilla sugar keeps, in an airtight container at room temperature, indefinitely.

- Crêpes (without jam) can be made 1 day ahead and kept chilled, separated between layers of wax paper, in an airtight container. Reheat crêpes in a 350°F oven in batches on a large baking sheet in middle of oven until hot, about 1 minute, then spread with jam and roll up.
- Heat all rolled crêpes on baking sheet in oven until hot, 1 to 2 minutes. Dust with vanilla sugar.

Nutrition Facts



Properties

Glycemic Index:31.64, Glycemic Load:21.83, Inflammation Score:-3, Nutrition Score:5.0795651622441%

Nutrients (% of daily need)

Calories: 225.34kcal (11.27%), Fat: 6.61g (10.16%), Saturated Fat: 3.68g (23.02%), Carbohydrates: 35.95g (11.98%), Net Carbohydrates: 35.22g (12.81%), Sugar: 18.29g (20.33%), Cholesterol: 61.45mg (20.48%), Sodium: 112.02mg (4.87%), Alcohol: 0.63g (100%), Alcohol %: 0.82% (100%), Protein: 4.34g (8.68%), Selenium: 10.35µg (14.79%), Vitamin B2: 0.2mg (11.79%), Vitamin B1: 0.15mg (9.98%), Folate: 37.74µg (9.44%), Phosphorus: 79.15mg (7.91%), Manganese: 0.12mg (6.17%), Iron: 1.09mg (6.04%), Calcium: 53.86mg (5.39%), Vitamin A: 248.11IU (4.96%), Vitamin B3: 0.98mg (4.88%), Vitamin B12: 0.28µg (4.75%), Vitamin D: 0.66µg (4.43%), Vitamin B5: 0.39mg (3.85%), Copper: 0.06mg (3.08%), Vitamin C: 2.49mg (3.02%), Potassium: 102.91mg (2.94%), Fiber: 0.73g (2.93%), Zinc: 0.42mg (2.79%), Vitamin B6: 0.05mg (2.63%), Magnesium: 9.84mg (2.46%), Vitamin E: 0.31mg (2.08%)