



Lemon Cream Crepes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



357 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 1 tablespoon granulated sugar
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 teaspoon lemon zest grated plus more for garnish
- ☐ 2 tablespoons olive oil light (such as Bertolli Extra)
- ☐ 1.5 cups curd cottage cheese 1% low-fat

- ☐ 1 cup milk 1% low-fat
- ☐ 1 tablespoon powdered sugar for dusting
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon vanilla extract pure
- ☐ 1.5 teaspoons vanilla extract pure
- ☐ 0.3 cup water

Equipment

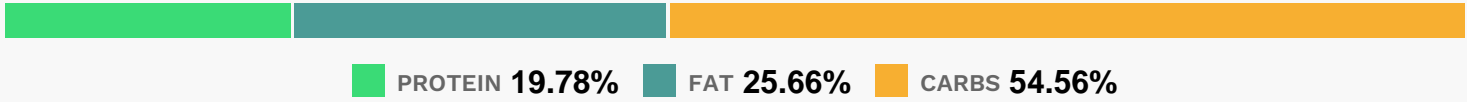
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ spatula

Directions

- ☐ For batter, place first 8 ingredients (through salt) in blender; process 1 minute until smooth. Scrape down sides of blender with a spatula, and process 5 more seconds.
- ☐ Transfer to a bowl; cover and refrigerate at least 2 hours or overnight.
- ☐ Lightly coat an 8-inch nonstick skillet with cooking spray.
- ☐ Heat skillet over medium heat until almost hot. Immediately remove pan from heat, and pour 1/4 cup batter into center of pan. Tilt and swirl pan so batter covers the bottom in a thin, even layer.
- ☐ Pour extra batter back into bowl.
- ☐ Place pan back on heat, and cook 45 seconds or until set in the center and slightly browned around the edges.
- ☐ Run spatula around rim of crepe, then flip and cook 20 seconds or until set. Slide crepe onto a plate, and repeat with remaining batter, spraying skillet with oil after every third crepe and stacking them as you go. (Keep warm by covering plate with a large bowl. Crepes can be made ahead, covered, and refrigerated for 2 days or frozen up to 6 months.)
- ☐ For filling, pure cottage cheese in food processor until smooth.

- ☐ Transfer to bowl; stir in sugar, vanilla, and lemon juice and zest. Use a generous tablespoon of filling per crepe. Spoon filling along bottom of crepe 1 inch from edge.
- ☐ Roll up.
- ☐ Garnish with additional zest; dust with powdered sugar just before serving.

Nutrition Facts



Properties

Glycemic Index:53.8, Glycemic Load:28.07, Inflammation Score:-4, Nutrition Score:11.01565209679%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 357.08kcal (17.85%), Fat: 10g (15.38%), Saturated Fat: 2.29g (14.33%), Carbohydrates: 47.85g (15.95%), Net Carbohydrates: 46.96g (17.08%), Sugar: 23.39g (25.99%), Cholesterol: 52.84mg (17.61%), Sodium: 532.23mg (23.14%), Alcohol: 0.86g (100%), Alcohol %: 0.45% (100%), Protein: 17.34g (34.68%), Selenium: 23.42µg (33.45%), Vitamin B2: 0.44mg (25.97%), Phosphorus: 233.9mg (23.39%), Vitamin B1: 0.3mg (20.32%), Folate: 76.68µg (19.17%), Vitamin B12: 1.01µg (16.75%), Calcium: 139.62mg (13.96%), Manganese: 0.23mg (11.46%), Iron: 1.85mg (10.28%), Vitamin B3: 2.05mg (10.25%), Vitamin E: 1.2mg (7.97%), Vitamin B5: 0.74mg (7.4%), Vitamin B6: 0.13mg (6.7%), Potassium: 233.32mg (6.67%), Zinc: 0.97mg (6.45%), Vitamin D: 0.9µg (5.99%), Vitamin C: 4.51mg (5.47%), Magnesium: 20.84mg (5.21%), Vitamin A: 218.63IU (4.37%), Copper: 0.09mg (4.29%), Vitamin K: 4.49µg (4.28%), Fiber: 0.89g (3.56%)