



Louisiana Citrus Crepes

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



250 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 2 tablespoons cornstarch
- ☐ 1 large eggs lightly beaten
- ☐ 3 large egg yolks
- ☐ 0.5 cup fat-free milk fat-free
- ☐ 2 cups fat-free milk fat-free
- ☐ 0.7 cup flour all-purpose
- ☐ 2 tablespoons fresh mint fresh chopped

- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup granulated sugar
- ☐ 0.5 teaspoon granulated sugar
- ☐ 1 cup grapefruit red (2 medium)
- ☐ 0.5 cup low fat sour cream sour reduced-fat
- ☐ 1 cup navel oranges (2 medium)
- ☐ 1 tablespoon powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 Dash salt
- ☐ 5 inch vanilla pod split
- ☐ 0.5 teaspoon vanilla extract
- ☐ 5 tablespoons water

Equipment

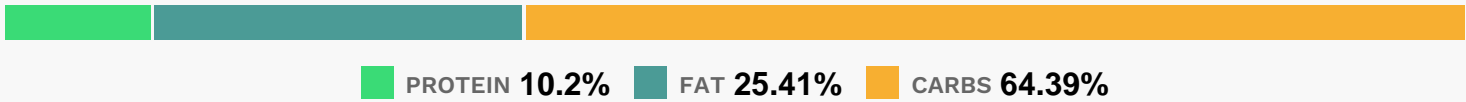
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ wax paper
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ To prepare filling, pour 2 cups milk into a medium, heavy saucepan. Scrape seeds from vanilla bean; add seeds and bean to pan. Cook milk over medium-high heat to 180 or until tiny bubbles form around edge (do not boil).

- ☐ Remove from heat.
- ☐ Combine 1/2 cup granulated sugar, cornstarch, dash of salt, and egg yolks, stirring with a whisk. Gradually add 1 cup hot milk mixture to egg mixture, stirring with a whisk. Return milk mixture to pan; bring to a boil over medium heat, stirring constantly with a whisk. Cook 1 minute; remove from heat. Spoon into a bowl; discard vanilla bean. Stir in sour cream.
- ☐ Place plastic wrap on surface of custard. Chill thoroughly.
- ☐ To prepare crepes, combine 1/2 cup milk and next 4 ingredients (through egg) in a blender. Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Add flour, 1/2 teaspoon granulated sugar, and 1/4 teaspoon salt. Process until smooth. Chill 1 hour.
- ☐ Heat an 8-inch nonstick crepe pan or skillet over medium heat. Coat pan lightly with cooking spray.
- ☐ Pour about 3 tablespoons batter into pan; quickly tilt pan in all directions so batter covers pan with a thin film. Cook about 2 minutes. Carefully lift the edge of the crepe with a spatula to test for doneness. Turn crepe when it can be shaken loose from the pan and the underside is lightly browned; cook 1 minute or until center is set.
- ☐ Place crepe on a towel; cool completely. Repeat procedure until all of batter is used. Stack crepes between single layers of wax paper to prevent sticking.
- ☐ To prepare remaining ingredients, combine citrus sections, 1/4 cup granulated sugar, and chopped mint; toss gently to dissolve sugar.
- ☐ Place 1 crepe on each of 8 dessert plates; spread about 1/3 cup chilled filling over each crepe. Fold each into a triangle. Top each serving with 1/4 cup fruit mixture.
- ☐ Sprinkle crepes evenly with powdered sugar.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:53.35, Glycemic Load:20.91, Inflammation Score:0, Nutrition Score:8.9626087468603%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 4.74mg, Hesperetin: 4.74mg, Hesperetin: 4.74mg, Hesperetin: 4.74mg Naringenin: 10.85mg, Naringenin: 10.85mg, Naringenin: 10.85mg, Naringenin: 10.85mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 250.22kcal (12.51%), Fat: 7.19g (11.07%), Saturated Fat: 3.62g (22.62%), Carbohydrates: 41.01g (13.67%), Net Carbohydrates: 39.7g (14.44%), Sugar: 27.69g (30.77%), Cholesterol: 106.95mg (35.65%), Sodium: 156.96mg (6.82%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 6.5g (12.99%), Vitamin C: 21.69mg (26.29%), Vitamin A: 851.15IU (17.02%), Selenium: 11.24µg (16.05%), Calcium: 154.29mg (15.43%), Phosphorus: 152.56mg (15.26%), Vitamin B2: 0.26mg (15.25%), Folate: 46.7µg (11.67%), Vitamin B12: 0.69µg (11.51%), Vitamin B1: 0.17mg (11.45%), Vitamin D: 1.34µg (8.93%), Potassium: 266.9mg (7.63%), Vitamin B5: 0.74mg (7.43%), Vitamin B6: 0.12mg (5.91%), Manganese: 0.11mg (5.41%), Fiber: 1.31g (5.25%), Zinc: 0.77mg (5.17%), Iron: 0.91mg (5.06%), Magnesium: 20.1mg (5.02%), Vitamin B3: 0.89mg (4.46%), Vitamin E: 0.43mg (2.86%), Copper: 0.05mg (2.69%)