

Low Carb Pancake Crepes



Vegetarian



Gluten Free

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READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

77 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



1 teaspoon butter



3 ounces cream cheese softened



2 eggs beaten



1 teaspoon ground cinnamon



1 tablespoon syrup sugar-free

Equipment



bowl



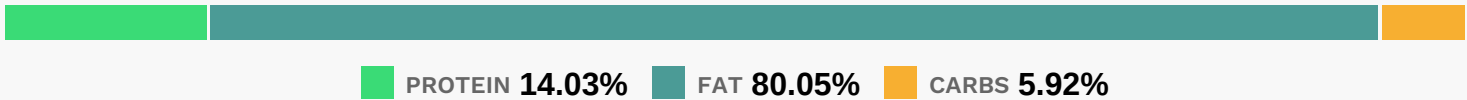
frying pan

☐ spatula

Directions

- ☐ In a bowl, mash the cream cheese with beaten eggs, about 1 teaspoon at a time at first, until the mixture is smooth and free of lumps. Beat in the cinnamon and sugar-free syrup.
- ☐ Melt the butter in a nonstick skillet over medium heat. When the butter has stopped foaming, reduce heat to medium-low, and pour in several tablespoons of the batter. Swirl to coat the bottom of the skillet. Allow to cook until set, about 4 minutes on the first side; flip the crepe with a spatula and cook the other side until the crepe shows small browned spots, 1 to 2 more minutes.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.22, Inflammation Score:-2, Nutrition Score:2.2486956250732%

Nutrients (% of daily need)

Calories: 77.38kcal (3.87%), Fat: 6.95g (10.69%), Saturated Fat: 3.75g (23.45%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 0.98g (0.36%), Sugar: 0.6g (0.66%), Cholesterol: 70.67mg (23.56%), Sodium: 70.73mg (3.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.74g (5.48%), Selenium: 5.74µg (8.2%), Vitamin B2: 0.1mg (5.89%), Vitamin A: 291.38IU (5.83%), Phosphorus: 44.62mg (4.46%), Manganese: 0.06mg (3.19%), Vitamin B5: 0.31mg (3.08%), Vitamin B12: 0.16µg (2.72%), Calcium: 25.5mg (2.55%), Folate: 8.21µg (2.05%), Vitamin E: 0.3mg (2.02%), Vitamin D: 0.29µg (1.96%), Zinc: 0.27mg (1.78%), Vitamin B6: 0.03mg (1.67%), Iron: 0.3mg (1.67%), Potassium: 40.59mg (1.16%)