



Melt in Your Mouth Crepes

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



326 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 2 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 cup milk
- ☐ 1 tablespoon sugar white

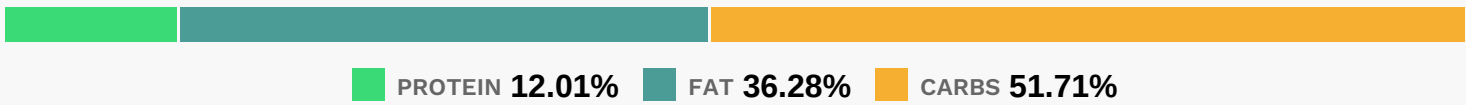
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix flour, 1 cup milk, and eggs together in a large bowl. Stir butter, sugar, and vanilla extract into flour mixture until smooth.
- ☐ Add remaining 1 cup milk; mix until just blended.
- ☐ Heat a cast iron crepe pan over medium heat; spray surface with cooking spray.
- ☐ Pour a thin and even layer of batter onto the heated pan; fry for 30 to 60 seconds on each side. Repeat with remaining batter, spraying the pan between each batch.

Nutrition Facts



Properties

Glycemic Index:58.27, Glycemic Load:29.06, Inflammation Score:-5, Nutrition Score:10.841739162155%

Nutrients (% of daily need)

Calories: 325.52kcal (16.28%), Fat: 13.03g (20.04%), Saturated Fat: 7.29g (45.58%), Carbohydrates: 41.77g (13.92%), Net Carbohydrates: 40.51g (14.73%), Sugar: 6.14g (6.82%), Cholesterol: 111.74mg (37.24%), Sodium: 122.9mg (5.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.7g (19.41%), Selenium: 23.93µg (34.18%), Vitamin B1: 0.41mg (27.43%), Vitamin B2: 0.42mg (24.73%), Folate: 96.44µg (24.11%), Manganese: 0.33mg (16.42%), Phosphorus: 158.32mg (15.83%), Vitamin B3: 2.85mg (14.26%), Iron: 2.56mg (14.24%), Calcium: 96.93mg (9.69%), Vitamin A: 480.02IU (9.6%), Vitamin B12: 0.54µg (9.05%), Vitamin B5: 0.78mg (7.82%), Vitamin D: 1.11µg (7.41%), Zinc: 0.87mg (5.81%), Magnesium: 20.48mg (5.12%), Fiber: 1.27g (5.06%), Potassium: 174.6mg (4.99%), Vitamin B6: 0.1mg (4.78%), Copper: 0.08mg (4.21%), Vitamin E: 0.53mg (3.55%), Vitamin K: 1.12µg (1.07%)