



Meyer Lemon and Raspberry Crepes

READY IN



160 min.

SERVINGS



4

CALORIES



506 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 eggs
- 1 cup milk
- 0.3 cup water
- 2 tablespoons meyer lemon juice fresh
- 2 tablespoons butter cooled melted
- 1 teaspoon vanilla
- 1 cup flour all-purpose
- 3 tablespoons granulated sugar
- 1 serving crêpes for frying

- 1 cup cup heavy whipping cream
- 2 tablespoons powdered sugar
- 2 tablespoons meyer lemon juice fresh
- 1 cup raspberries fresh

Equipment

- bowl
- frying pan
- oven
- blender
- plastic wrap
- hand mixer
- aluminum foil
- ziploc bags
- kitchen towels
- spatula

Directions

- In blender, place all Crepe ingredients except additional butter. Cover; blend until smooth. Refrigerate at least 2 hours and up to 24 hours.
- In medium bowl, beat Meyer Lemon Chantilly Cream ingredients with electric mixer on high speed until peaks form. Cover; refrigerate until serving time.
- If batter has separated, stir before using.
- Heat 6- to 7-inch or 9- to 10-inch skillet over medium-high heat. Wipe skillet with additional butter. To make crepe in small skillet, pour 3 tablespoons batter into pan (if using large skillet, use 1/4 cup batter). Immediately tilt and rotate skillet to spread batter over bottom surface. Cook until top surface is dry. Loosen edge with spatula; flip crepe over using fingers. Cook other side about 15 seconds. Turn crepe out of skillet onto clean kitchen towel to cool. Repeat with remaining batter, wiping skillet with butter as needed and stacking crepes as fried.
- To serve immediately, cover crepes with foil; keep warm in preheated 200°F oven. For serving later, wrap crepes in plastic wrap, place in food-storage or freezer plastic bag, and refrigerate

up to 3 days or freeze up to 2 months.

- To serve, place Meyer Lemon Chantilly Cream in decorating bag.
- Place 1 crepe at a time on work surface. Pipe a line of cream down center of crepe. Fold 1 side over cream; fold other side over top. Plate crepes on serving plates; top with raspberries. Store any remaining chantilly cream in refrigerator.

Nutrition Facts

PROTEIN 7.95% **FAT 55.88%** **CARBS 36.17%**

Properties

Glycemic Index:64.77, Glycemic Load:25.04, Inflammation Score:-7, Nutrition Score:13.460434768511%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 506.47kcal (25.32%), Fat: 31.77g (48.88%), Saturated Fat: 19.17g (119.8%), Carbohydrates: 46.27g (15.42%), Net Carbohydrates: 43.43g (15.79%), Sugar: 19.58g (21.76%), Cholesterol: 171.47mg (57.16%), Sodium: 117.85mg (5.12%), Alcohol: 0.34g (100%), Alcohol %: 0.17% (100%), Protein: 10.17g (20.33%), Selenium: 20.51µg (29.31%), Vitamin B2: 0.47mg (27.67%), Vitamin A: 1278IU (25.56%), Manganese: 0.43mg (21.4%), Vitamin B1: 0.31mg (20.92%), Folate: 79.42µg (19.85%), Phosphorus: 185.07mg (18.51%), Vitamin C: 14.02mg (17%), Calcium: 142.11mg (14.21%), Vitamin D: 2.06µg (13.75%), Iron: 2.12mg (11.8%), Fiber: 2.84g (11.35%), Vitamin B3: 2.16mg (10.82%), Vitamin B12: 0.63µg (10.54%), Vitamin B5: 0.98mg (9.8%), Vitamin E: 1.27mg (8.49%), Potassium: 275.99mg (7.89%), Magnesium: 28.91mg (7.23%), Zinc: 1.04mg (6.93%), Vitamin B6: 0.13mg (6.65%), Copper: 0.1mg (5.07%), Vitamin K: 5.08µg (4.84%)