



## Mushroom and Arugula Crêpes

READY IN



45 min.

SERVINGS



4

CALORIES



269 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 6 oz arugula rinsed drained
- ☐ 5.2 oz philadelphia cheese and herb cooking creme
- ☐ 1 tablespoon butter
- ☐ 8 package d crêpes (9 in.)
- ☐ 1 pound mushrooms sliced
- ☐ 0.5 cup parmesan cheese shredded

### Equipment

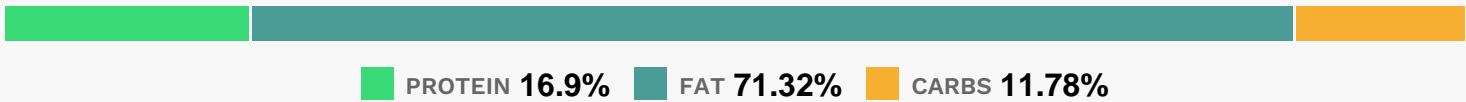
- ☐ frying pan

☐ oven

Directions

- ☐ In a covered 10- to 12-inch nonstick frying pan over high heat, frequently stir mushrooms and butter until mushrooms are juicy, about 5 minutes.
- ☐ Uncover and stir often until liquid evaporates and mushrooms are lightly browned, about 5 minutes more.
- ☐ Stir chopped arugula with mushrooms just until wilted, about 2 minutes.
- ☐ Remove from heat.
- ☐ Stir Boursin cheese to soften. Spoon 1/8 of the cheese onto a quarter section of each crepe. Smash cheese down slightly (crepes tear easily). Mound 1/8 of the mushroom mixture over cheese on each crepe and sprinkle mushrooms equally with parmesan.
- ☐ Fold crepes in half over filling, then in half again to make a triangle. Set triangles, 3-layer side down, slightly apart in 2 nonstick or lightly oiled 10- by 15-inch pans.
- ☐ Bake in a 400 oven until filling is hot in the center and crpe edges are crisp, about 6 minutes; switch pan positions after 3 minutes.
- ☐ Transfer crpes to plates.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:1.21, Inflammation Score:-8, Nutrition Score:14.713912875756%

Flavonoids

Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg, Isorhamnetin: 1.83mg Kaempferol: 14.84mg, Kaempferol: 14.84mg, Kaempferol: 14.84mg, Kaempferol: 14.84mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 269.42kcal (13.47%), Fat: 22.1g (34%), Saturated Fat: 12.96g (81.02%), Carbohydrates: 8.22g (2.74%), Net Carbohydrates: 6.4g (2.33%), Sugar: 5.04g (5.61%), Cholesterol: 47.46mg (15.82%), Sodium: 490.27mg (21.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.78g (23.56%), Vitamin K: 46.56µg (44.35%), Vitamin A: 1613IU (32.26%), Vitamin B2: 0.54mg (31.48%), Calcium: 247.28mg (24.73%), Vitamin B3: 4.26mg (21.29%), Phosphorus:

207.19mg (20.72%), Copper: 0.4mg (19.85%), Vitamin B5: 1.94mg (19.43%), Selenium: 13.49µg (19.27%), Folate: 61.44µg (15.36%), Potassium: 530.49mg (15.16%), Vitamin C: 8.77mg (10.63%), Manganese: 0.19mg (9.62%), Magnesium: 35.8mg (8.95%), Vitamin B6: 0.16mg (8.03%), Vitamin B1: 0.12mg (7.72%), Zinc: 1.13mg (7.56%), Iron: 1.32mg (7.31%), Fiber: 1.81g (7.26%), Vitamin B12: 0.2µg (3.31%), Vitamin E: 0.33mg (2.2%), Vitamin D: 0.29µg (1.93%)