



Mushroom Crepes Chasseur



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



315 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 16 ounce button mushrooms coarsely chopped
- ☐ 1 cup bob's mill garbanzo bean flour (garbanzo bean)
- ☐ 2 teaspoons cornstarch
- ☐ 0.5 ounce porcini mushrooms dried
- ☐ 0.8 cup cooking wine dry red
- ☐ 1 cup flour all-purpose
- ☐ 0.3 cup flat-leaf parsley fresh finely chopped

- ☐ 6 garlic cloves minced
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons olive oil
- ☐ 2 cups onion chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 8 ounces shiitake mushroom caps coarsely chopped
- ☐ 4 cups vegetable broth
- ☐ 0.5 cup water
- ☐ 2 cups warm water
- ☐ 2 tablespoons water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ wax paper
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Lightly spoon flours into dry measuring cups; level with a knife.
- ☐ Combine flours and 1/2 teaspoon salt in a medium bowl.
- ☐ Add 2 cups water and 2 tablespoons oil, stirring with a whisk until smooth.
- ☐ Let stand 20 minutes.

- ☐ Heat an 8-inch crepe pan or nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Remove pan from heat.
- ☐ Pour a scant 1/4 cup batter into pan; quickly tilt pan in all directions so batter covers pan with a thin film. Cook about 40 seconds. Carefully lift edge of crepe with spatula to test for doneness. Turn crepe when it can be shaken loose from the pan and underside is lightly browned; cook 30 seconds on other side.
- ☐ Place crepe on a towel; cool. Repeat procedure until all of the batter is used to make 12 crepes. Stack crepes between single layers of wax paper to prevent sticking.
- ☐ Bring broth and 1/2 cup water to a boil in medium saucepan; remove from heat, stir in porcini.
- ☐ Let stand 30 minutes. Strain mixture through a sieve into a bowl; reserve broth mixture and porcini.
- ☐ Add red wine and honey; set aside.
- ☐ Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; saut 3 minutes.
- ☐ Add reserved porcini; saut 1 minute.
- ☐ Add button and shiitake mushrooms; cook 4 minutes or until mushrooms release moisture, stirring occasionally. Reduce heat to medium, stir in pepper, nutmeg, 1/8 teaspoon salt, and garlic. Cook 1 minute, stirring frequently.
- ☐ Add 3/4 cup broth mixture; reduce heat, and simmer 15 minutes, stirring occasionally.
- ☐ Bring remaining broth mixture to a boil; cook until reduced to 1 1/2 cups (about 12 minutes).
- ☐ Combine 2 tablespoons water and cornstarch, stirring with a whisk. Stir cornstarch mixture into broth mixture. Bring to a boil; cook 2 minutes or until sauce thickens.
- ☐ Spoon 1/3 cup mushroom mixture in center of each crepe; fold sides and ends over, and place, seam side down, on a plate. Repeat procedure with remaining mushroom mixture and crepes, placing 2 crepes on each of 6 plates. Top each serving with about 1/4 cup sauce; sprinkle with 2 teaspoons parsley.
- ☐ *Note: Chickpea flour can be found in health food stores.

Nutrition Facts



PROTEIN 14.42% **FAT 20.14%** **CARBS 65.44%**

Properties

Glycemic Index:81.38, Glycemic Load:23.65, Inflammation Score:-8, Nutrition Score:20.296956456226%

Flavonoids

Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg, Petunidin: 1mg Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg, Delphinidin: 1.25mg Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg, Malvidin: 7.87mg Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg, Peonidin: 0.56mg Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg, Catechin: 2.31mg Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg, Epicatechin: 3.2mg Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg, Apigenin: 5.4mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg, Isorhamnetin: 2.68mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg, Myricetin: 0.52mg Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg, Quercetin: 11.06mg

Nutrients (% of daily need)

Calories: 315.08kcal (15.75%), Fat: 6.8g (10.46%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 49.72g (16.57%), Net Carbohydrates: 43.89g (15.96%), Sugar: 14.09g (15.66%), Cholesterol: 0mg (0%), Sodium: 899.31mg (39.1%), Alcohol: 3.15g (100%), Alcohol %: 0.77% (100%), Protein: 10.96g (21.91%), Vitamin K: 46.23µg (44.03%), Folate: 161.4µg (40.35%), Manganese: 0.77mg (38.28%), Copper: 0.68mg (34.23%), Vitamin B2: 0.56mg (33.13%), Vitamin B3: 6.24mg (31.19%), Selenium: 19.78µg (28.25%), Vitamin B5: 2.53mg (25.29%), Vitamin B1: 0.37mg (24.53%), Fiber: 5.83g (23.31%), Phosphorus: 222.71mg (22.27%), Vitamin B6: 0.43mg (21.27%), Potassium: 693.06mg (19.8%), Iron: 2.91mg (16.17%), Magnesium: 64.24mg (16.06%), Zinc: 1.85mg (12.36%), Vitamin C: 9.92mg (12.02%), Vitamin A: 554.83IU (11.1%), Vitamin E: 0.89mg (5.94%), Calcium: 41.18mg (4.12%), Vitamin D: 0.39µg (2.63%)