




 **11%**  
HEALTH SCORE

# Mushroom Crepes with Vegetarian Sauce


 Vegetarian

READY IN




**45 min.**

SERVINGS



**8**

CALORIES



**193 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.5 cup corn canned
- 1 tbsp chives chopped
- 0.5 cup optional: dill chopped
- 2 eggs
- 2 garlic clove mashed
- 1 tsp garlic powder
- 0.5 tsp ground coriander
- 0.3 tsp pepper

- 0.5 cup cream sour low fat
- 300 g mushrooms
- 300 g mushrooms
- 8 servings cooking oil for frying
- 1 onion chopped
- 0.5 cup parsley chopped
- 1 pinch sea salt
- 8 servings sea salt to taste
- 1 tsp paprika sweet
- 250 ml water
- 0.5 cup wine
- 200 g flour whole wheat

## Equipment

- food processor
- frying pan
- sauce pan
- whisk
- blender

## Directions

- Whisk the eggs.
- Add the water and mix well (you can also use a hand-held mixer).
- Sprinkle the flour while continuously whisking/mixing until it has the right consistency.
- Heat some oil in a frying pan over medium-high heat. Grease the whole surface of the pan and then pour the oil in a cup. You'll be reusing it.
- Add the mushrooms and wine in your food processor. Blend until you get a thick paste.
- Heat some 1 tbsp oil in a large saucepan.
- Add the chopped onion. Sauté until golden, then add the mushroom paste and corn.

Add spices.Cook for 15 minutes ten add the chopped dill and parsley and cook for another 5 minutes.

Mix last four ingredients and pour sauce over the vegetarian mushroom crepes.

## Nutrition Facts

**PROTEIN 17.01%** **FAT 30.19%** **CARBS 52.8%**

### Properties

Glycemic Index:35, Glycemic Load:1.05, Inflammation Score:-7, Nutrition Score:17.841304347826%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg, Isorhamnetin: 1.99mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

### Taste

Sweetness: 28.08%, Saltiness: 100%, Sourness: 31.6%, Bitterness: 40.75%, Savoriness: 75.51%, Fattiness: 89.21%, Spiciness: 0%

### Nutrients (% of daily need)

Calories: 192.64kcal (9.63%), Fat: 6.52g (10.04%), Saturated Fat: 1.69g (10.54%), Carbohydrates: 25.67g (8.56%), Net Carbohydrates: 21.61g (7.86%), Sugar: 2.47g (2.74%), Cholesterol: 45.95mg (15.32%), Sodium: 253.07mg (11%), Alcohol: 1.55g (8.58%), Protein: 8.27g (16.54%), Vitamin K: 65.34µg (62.23%), Manganese: 1.17mg (58.69%), Selenium: 26.59µg (37.98%), Vitamin B2: 0.44mg (25.61%), Vitamin B3: 4.2mg (21.02%), Phosphorus: 204.73mg (20.47%), Copper: 0.38mg (19.2%), Fiber: 4.06g (16.24%), Vitamin A: 791.67IU (15.83%), Vitamin B5: 1.51mg (15.08%), Vitamin B1: 0.21mg (14.3%), Potassium: 475.97mg (13.6%), Magnesium: 53.07mg (13.27%), Vitamin C: 10.85mg (13.15%), Vitamin B6: 0.26mg (12.8%), Iron: 2.12mg (11.75%), Folate: 46.82µg (11.71%), Zinc: 1.43mg (9.54%), Vitamin E: 0.94mg (6.28%), Calcium: 57.97mg (5.8%), Vitamin B12: 0.19µg (3.14%), Vitamin D: 0.4µg (2.66%)