



Orange-Caramel Crepes

READY IN



45 min.

SERVINGS



6

CALORIES



475 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 10 caramel candies
- ☐ 4 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup heavy cream
- ☐ 1 cup milk
- ☐ 3 tablespoons orange juice fresh
- ☐ 1 inch orange peel fresh with a vegetable peeler)
- ☐ 1 tablespoon sugar
- ☐ 4 Tbsp butter unsalted for frying

- ☐ 6 servings whipped cream
- ☐ 3 tablespoons water

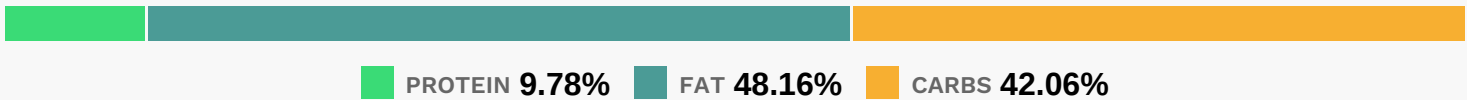
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ kitchen towels

Directions

- ☐ Combine eggs, milk, flour and sugar in a blender and blend at medium speed until smooth.
- ☐ Combine cream, caramels, orange peel, water and orange juice in a small saucepan; place over medium-low heat and cook, stirring occasionally, until smooth. Keep warm.
- ☐ Heat a nonstick 9-inch skillet over medium-high heat.
- ☐ Add 1/2 Tbsp. butter; coat pan. Tilt pan and add 1/4 cup batter; swirl to spread batter in a thin, even layer. Cook until golden on bottom (about 2 minutes); flip and cook about 1 minute more. Turn crepe out onto a clean kitchen towel and fold in half twice. Repeat with remaining batter; add butter as needed.
- ☐ Place 2 crepes on each of 6 dessert plates. Spoon warm caramel sauce on top.
- ☐ Serve with ice cream if desired.

Nutrition Facts



Properties

Glycemic Index:60.18, Glycemic Load:31.63, Inflammation Score:-7, Nutrition Score:12.22217383592%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 474.85kcal (23.74%), Fat: 25.59g (39.36%), Saturated Fat: 14.54g (90.9%), Carbohydrates: 50.27g (16.76%), Net Carbohydrates: 49.19g (17.89%), Sugar: 30.62g (34.03%), Cholesterol: 196.77mg (65.59%), Sodium: 165.57mg (7.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.69g (23.38%), Vitamin B2: 0.57mg (33.67%), Selenium: 20.49µg (29.28%), Phosphorus: 237.12mg (23.71%), Vitamin A: 1034.16IU (20.68%), Calcium: 201.24mg (20.12%), Vitamin B1: 0.26mg (17.21%), Folate: 61.68µg (15.42%), Vitamin B12: 0.87µg (14.57%), Vitamin B5: 1.34mg (13.37%), Vitamin D: 1.75µg (11.67%), Potassium: 342.95mg (9.8%), Iron: 1.68mg (9.36%), Zinc: 1.35mg (9%), Manganese: 0.16mg (8.09%), Vitamin B6: 0.15mg (7.31%), Vitamin B3: 1.46mg (7.28%), Magnesium: 28.76mg (7.19%), Vitamin C: 5.47mg (6.63%), Vitamin E: 0.98mg (6.53%), Fiber: 1.09g (4.35%), Copper: 0.08mg (4.08%), Vitamin K: 1.88µg (1.79%)