



PB & J Crepes

READY IN



45 min.

SERVINGS



8

CALORIES



68 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 large eggs
- 0.5 cup skim milk
- 0.3 cup flour all-purpose
- 1 teaspoon olive oil
- 1 pinch salt
- 1 serving creamy peanut butter
- 1 serving jam your favorite (flavor!)

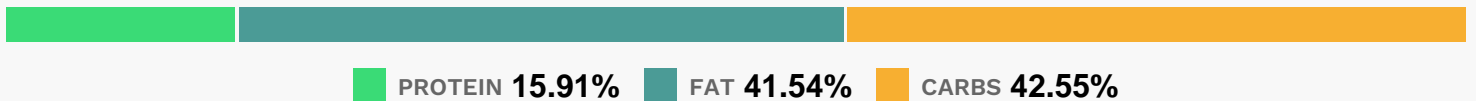
Equipment

- frying pan
- blender
- cutting board

Directions

- In blender, place egg, milk, flour, olive oil and salt. Cover; blend on medium speed 10 seconds, stopping blender frequently to scrape sides, until smooth.
- Place covered blender container with batter into refrigerator 30 minutes to chill batter.
- When batter is chilled, spray 6 to 8-inch nonstick skillet with nonstick cooking spray.
- Heat skillet over medium heat. For each crepe, pour 3 tablespoons batter into skillet. Immediately rotate skillet until thin layer of batter covers bottom. Cook, turning once, until lightly browned, 1/2 to 1 minute. Repeat with remaining batter, spraying skillet as needed.
- Remove cooked crepes to wooden cutting board.
- Continue until all the batter has been used.
- Finally, spread a layer of peanut butter down the center of each crepe.
- Add a line of jam next to it. Fold the crepe.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.16, Glycemic Load:4.15, Inflammation Score:-1, Nutrition Score:2.6665217669114%

Nutrients (% of daily need)

Calories: 68.35kcal (3.42%), Fat: 3.2g (4.93%), Saturated Fat: 0.68g (4.28%), Carbohydrates: 7.38g (2.46%), Net Carbohydrates: 7.02g (2.55%), Sugar: 2.44g (2.71%), Cholesterol: 23.71mg (7.9%), Sodium: 38.07mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.52%), Selenium: 4.2µg (6.01%), Vitamin B2: 0.08mg (4.93%), Manganese: 0.1mg (4.87%), Phosphorus: 48.42mg (4.84%), Vitamin B3: 0.86mg (4.32%), Folate: 16.49µg (4.12%), Vitamin B1: 0.06mg (3.86%), Vitamin E: 0.51mg (3.39%), Calcium: 26.96mg (2.7%), Magnesium: 10.59mg (2.65%), Iron: 0.44mg (2.42%), Vitamin B12: 0.14µg (2.41%), Vitamin B5: 0.22mg (2.16%), Vitamin B6: 0.04mg (2%), Vitamin D: 0.29µg (1.96%), Zinc: 0.29mg (1.93%), Potassium: 64.26mg (1.84%), Copper: 0.03mg (1.58%), Fiber: 0.36g (1.44%), Vitamin A: 64.99IU (1.3%)