



Raspberry Filled Crepes

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



325 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 4 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup heavy whipping cream
- ☐ 1.5 teaspoons powdered sugar
- ☐ 1 cup raspberry jam
- ☐ 0.1 teaspoon sea salt fine
- ☐ 1 tablespoon sugar
- ☐ 2 cups sugar

- ☐ 3 tablespoons butter unsalted cut into 12 cubes
- ☐ 1 vanilla pod
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup milk whole

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ blender
- ☐ spatula
- ☐ measuring spoon
- ☐ canning jar

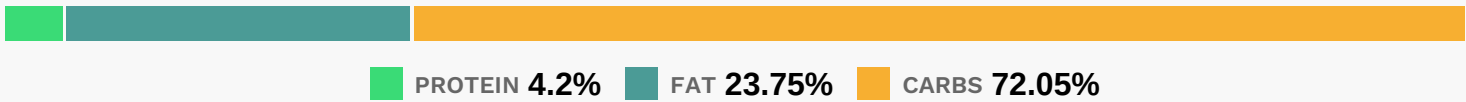
Directions

- ☐ Watch how to make this recipe.
- ☐ Fresh raspberries and vanilla sugar, recipe follows
- ☐ For the crepes: Preheat the oven to 150 degrees F. Line a baking sheet with parchment paper.
- ☐ In a blender, add the eggs, milk, flour, sugar, and salt. Blend until the mixture forms a smooth batter. Preheat a 10-inch nonstick crepe pan or skillet over medium-low heat.
- ☐ Add 1 cube of butter to the pan. When the butter has melted, add 1/4 cup of batter and quickly tilt the pan to form an even coating of batter on the bottom of the pan. Cook for 1 minute until set and slightly browned. Using a heat-resistant spatula, carefully loosen the sides and gently flip the crepe over. Cook for 1 minute. Repeat with the remaining butter and

batter. In a small bowl, mix together the jam and vanilla extract. Using a 1-teaspoon measuring spoon, spoon 2 teaspoons of the jam mixture into the center of each crepe. Using the back of the spoon, spread the jam evenly over the crepes leaving a 1/2-inch border. Starting at the nearest edge, roll the crepes into tube shapes. Arrange the crepes on the prepared baking sheet and place in a warm oven, for up to 20 minutes, until ready to serve.

- ☐ For the whipped cream: In a large mixing bowl, beat the heavy cream until it forms soft peaks.
- ☐ Add the powdered sugar and vanilla. Continue to beat until the cream holds stiff peaks.
- ☐ Transfer the crepes to a serving platter and sprinkle with vanilla sugar.
- ☐ Serve with whipped cream and fresh raspberries.
- ☐ Add the sugar to the bowl of a food processor. Using a paring knife, slice the vanilla bean in half, lengthwise, and scrape out the seeds.
- ☐ Add the vanilla seeds to the sugar. Pulse 10 to 15 times until the vanilla and sugar are combined.
- ☐ Cut the empty vanilla pod into 1-inch pieces and add to a glass mason jar.
- ☐ Add the vanilla sugar to the jar and seal. Shake the jar before using.

Nutrition Facts



Properties

Glycemic Index:25.68, Glycemic Load:37.77, Inflammation Score:-2, Nutrition Score:3.8960869312286%

Nutrients (% of daily need)

Calories: 325.29kcal (16.26%), Fat: 8.71g (13.4%), Saturated Fat: 4.93g (30.79%), Carbohydrates: 59.45g (19.82%), Net Carbohydrates: 59g (21.45%), Sugar: 49.65g (55.17%), Cholesterol: 75.73mg (25.24%), Sodium: 65.4mg (2.84%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 3.47g (6.94%), Selenium: 7.76µg (11.09%), Vitamin B2: 0.17mg (9.95%), Vitamin A: 345.38IU (6.91%), Phosphorus: 67.21mg (6.72%), Folate: 20.04µg (5.01%), Vitamin D: 0.73µg (4.85%), Calcium: 47.47mg (4.75%), Vitamin B12: 0.26µg (4.37%), Vitamin B1: 0.06mg (4.33%), Iron: 0.67mg (3.7%), Vitamin B5: 0.36mg (3.58%), Vitamin C: 2.55mg (3.09%), Manganese: 0.05mg (2.73%), Potassium: 89.83mg (2.57%), Copper: 0.05mg (2.55%), Vitamin E: 0.37mg (2.49%), Vitamin B6: 0.05mg (2.45%), Zinc: 0.36mg (2.38%), Magnesium: 7.3mg (1.83%), Fiber: 0.45g (1.81%), Vitamin B3: 0.36mg (1.8%)