

Real French Crepes

 Vegetarian

READY IN



15 min.

SERVINGS



7

CALORIES



116 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 eggs
- 1 cup flour all-purpose
- 2 cups milk

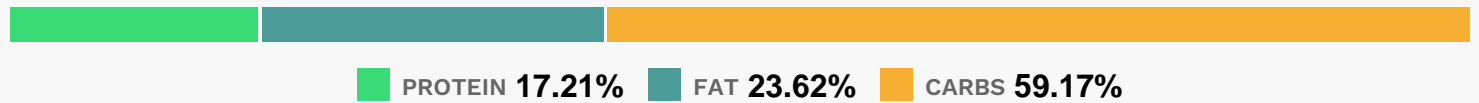
Equipment

- frying pan
- mixing bowl

Directions

- In a mixing bowl, combine flour, egg, and milk.
- Heat a large skillet or crepe pan over a medium-high heat. Spray the pan with non-stick cooking spray.
- Pour about 1/3 cup of batter into the pan, lift the pan and turn it by rotating your wrist, spreading a PAPER THIN amount in the pan. Flip the crepe when it starts to bubble. When it is finished cooking, remove it and repeat this process with the remaining batter.

Nutrition Facts



Properties

Glycemic Index:16.14, Glycemic Load:11.1, Inflammation Score:-2, Nutrition Score:5.2943477902723%

Nutrients (% of daily need)

Calories: 115.82kcal (5.79%), Fat: 3g (4.62%), Saturated Fat: 1.52g (9.51%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 16.45g (5.98%), Sugar: 3.42g (3.81%), Cholesterol: 31.75mg (10.58%), Sodium: 35.77mg (1.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.92g (9.85%), Selenium: 9.31µg (13.3%), Vitamin B2: 0.21mg (12.54%), Vitamin B1: 0.18mg (12.12%), Phosphorus: 102.14mg (10.21%), Calcium: 91.95mg (9.19%), Folate: 35.63µg (8.91%), Vitamin B12: 0.43µg (7.21%), Manganese: 0.13mg (6.32%), Vitamin D: 0.89µg (5.95%), Vitamin B3: 1.13mg (5.66%), Iron: 0.94mg (5.21%), Vitamin B5: 0.43mg (4.35%), Potassium: 132.35mg (3.78%), Zinc: 0.49mg (3.28%), Magnesium: 13.05mg (3.26%), Vitamin B6: 0.06mg (3.05%), Vitamin A: 146.88IU (2.94%), Fiber: 0.48g (1.93%), Copper: 0.03mg (1.55%)