



Regular Crepes

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



113 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 tablespoons butter melted
- 2 eggs
- 1.5 cups flour all-purpose
- 2 cups milk
- 0.5 teaspoon salt
- 0.5 teaspoon vanilla extract
- 1 tablespoon sugar white

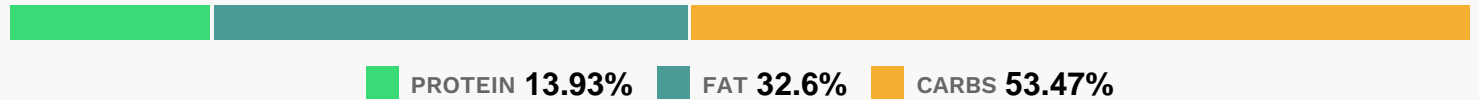
Equipment

- bowl
- frying pan
- wax paper
- spatula

Directions

- In a large bowl, sift together flour, sugar, baking powder and salt. Stir in the remaining ingredients; mix until smooth.
- Heat a lightly oiled griddle or frying pan over medium high heat.
- Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly.
- Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Stack the finished crepes by putting wax paper between each one. Keep covered with a dry cloth until ready to eat.

Nutrition Facts



Properties

Glycemic Index:27.09, Glycemic Load:10.09, Inflammation Score:-2, Nutrition Score:4.2973913045033%

Nutrients (% of daily need)

Calories: 112.91kcal (5.65%), Fat: 4.05g (6.23%), Saturated Fat: 2.21g (13.81%), Carbohydrates: 14.94g (4.98%), Net Carbohydrates: 14.52g (5.28%), Sugar: 3.05g (3.38%), Cholesterol: 37.18mg (12.39%), Sodium: 155.77mg (6.77%), Alcohol: 0.06g (100%), Alcohol %: 0.11% (100%), Protein: 3.89g (7.78%), Selenium: 8.35µg (11.93%), Vitamin B1: 0.15mg (9.9%), Vitamin B2: 0.17mg (9.88%), Folate: 32.11µg (8.03%), Phosphorus: 76.69mg (7.67%), Calcium: 66.91mg (6.69%), Manganese: 0.11mg (5.55%), Vitamin B3: 0.97mg (4.86%), Iron: 0.87mg (4.85%), Vitamin B12: 0.29µg (4.81%), Vitamin D: 0.59µg (3.96%), Vitamin B5: 0.34mg (3.35%), Vitamin A: 163.79IU (3.28%), Potassium: 88.72mg (2.53%), Zinc: 0.37mg (2.49%), Magnesium: 9.31mg (2.33%), Vitamin B6: 0.04mg (2.21%), Fiber: 0.42g (1.69%), Copper: 0.03mg (1.42%), Vitamin E: 0.16mg (1.07%)