



WHATSheATE



Sausage-Filled Crêpes

READY IN



30 min.

SERVINGS



8

CALORIES



445 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup butter softened
- ☐ 3 ounce cream cheese
- ☐ 8 servings crêpes
- ☐ 0.5 teaspoon marjoram dried
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 pound sausage meat
- ☐ 1 small onion diced
- ☐ 8 ounces cheddar cheese shredded divided
- ☐ 0.5 cup cream sour

☐ 8 servings tomatoes sliced

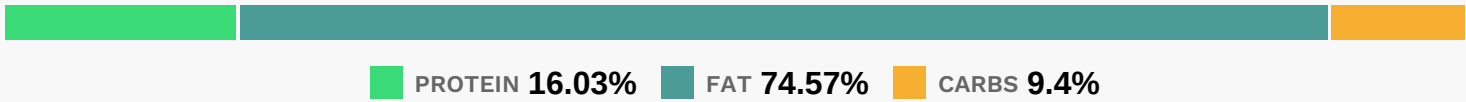
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Cook sausage and onion in a large skillet over medium heat, stirring until sausage crumbles and is no longer pink; drain well. Return sausage to skillet; add 1 cup Cheddar cheese, cream cheese, and marjoram, stirring until cheeses melt.
- ☐ Spoon 3 tablespoons filling down center of each Crpe.
- ☐ Roll up, and place, seam side down, in a lightly greased 13- x 9-inch baking dish.
- ☐ Bake, covered, at 350 for 15 minutes. Stir together sour cream and butter; spoon over crpes.
- ☐ Bake 5 more minutes.
- ☐ Sprinkle with remaining 1 cup Cheddar cheese and parsley.
- ☐ Serve with sliced tomato.
- ☐ Note: Crpes may be assembled and frozen. To reheat, let stand for 30 minutes at room temperature.
- ☐ Bake, covered, at 350 for 40 minutes. Proceed as directed.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:2.38, Inflammation Score:-9, Nutrition Score:17.26304344509%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg

0.51mg, Myricetin: 0.51mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Nutrients (% of daily need)

Calories: 444.89kcal (22.24%), Fat: 37.29g (57.37%), Saturated Fat: 15.31g (95.66%), Carbohydrates: 10.58g (3.53%), Net Carbohydrates: 8.21g (2.99%), Sugar: 6.38g (7.09%), Cholesterol: 88.81mg (29.6%), Sodium: 666.71mg (28.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.04g (36.07%), Vitamin A: 2470.69IU (49.41%), Vitamin K: 46.39µg (44.18%), Vitamin C: 28.34mg (34.36%), Phosphorus: 277.16mg (27.72%), Calcium: 255.92mg (25.59%), Vitamin B3: 3.81mg (19.05%), Potassium: 647.28mg (18.49%), Vitamin B6: 0.36mg (18.09%), Zinc: 2.71mg (18.08%), Vitamin B2: 0.28mg (16.7%), Vitamin B1: 0.24mg (16.16%), Vitamin B12: 0.84µg (14.05%), Selenium: 9.52µg (13.59%), Manganese: 0.23mg (11.41%), Vitamin E: 1.67mg (11.16%), Folate: 39.94µg (9.99%), Magnesium: 39.83mg (9.96%), Fiber: 2.37g (9.49%), Copper: 0.16mg (8.19%), Vitamin B5: 0.79mg (7.91%), Iron: 1.34mg (7.42%), Vitamin D: 0.91µg (6.05%)