



Savory Buckwheat Crepes with Ham and Mornay Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



277 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 tablespoons buckwheat flour
- ☐ 2 tablespoons butter
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup less-sodium chicken broth fat-free
- ☐ 1 cup milk fat-free
- ☐ 1.5 cups milk fat-free
- ☐ 1 tablespoon flat-leaf parsley minced

- ☐ 0.7 cup flour all-purpose
- ☐ 1 tablespoon flour all-purpose
- ☐ 1 garlic clove thinly sliced
- ☐ 1.5 ounces gruyère cheese shredded
- ☐ 2 ounces gruyère cheese shredded
- ☐ 3 ounces 3%-less-sodium ham smoked chopped
- ☐ 1 Dash nutmeg freshly grated
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons shallots minced
- ☐ 10 ounces shiitake mushroom caps sliced

Equipment

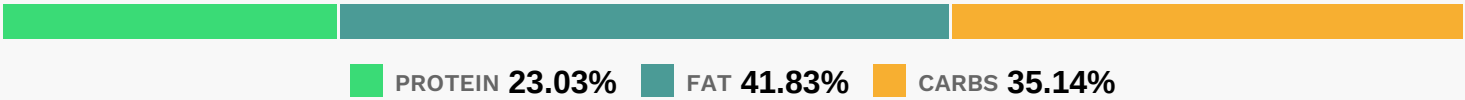
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ aluminum foil
- ☐ wax paper
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ To prepare crepes, weigh or lightly spoon 3 ounces (about 2/3 cup) all-purpose flour into dry measuring cups; level with a knife.

- ☐ Combine all-purpose flour, 1 cup milk, buckwheat flour, salt, and egg in a medium bowl, stirring with a whisk until smooth. Cover and let stand at room temperature 30 minutes.
- ☐ Heat a 9-inch crepe pan or nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Pour about 1/4 cup batter into center of pan; quickly tilt pan in all directions so batter covers pan with a thin film. Cook about 1 minute. Carefully lift edge of crepe with a spatula to test for doneness. Turn crepe over when it can be shaken loose from pan and underside is lightly browned; cook 30 seconds.
- ☐ Place crepe on a towel; cool. Repeat procedure five times with remaining batter. Stack crepes between single layers of wax paper or paper towels to prevent sticking.
- ☐ Preheat oven to 30
- ☐ To prepare filling, heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add ham and garlic to pan; cook 3 minutes or until garlic is tender and ham is lightly browned, stirring frequently.
- ☐ Add mushrooms; reduce heat to medium-low. Cover and cook 10 minutes or until mushrooms start to soften, stirring occasionally.
- ☐ Add broth, parsley, and pepper; cook, uncovered, 10 minutes or until liquid evaporates and mushrooms are tender.
- ☐ Remove from heat.
- ☐ Spoon 1/3 cup ham mixture into the center of each crepe. Top each serving with 1 tablespoon cheese; fold sides over.
- ☐ Place filled crepes in an 11 x 7 inch baking dish. Cover with foil; bake at 300 for 20 minutes or until thoroughly heated.
- ☐ To prepare sauce, melt butter in a medium saucepan over medium-low heat.
- ☐ Add shallots; cook 5 minutes or until tender, stirring frequently.
- ☐ Sprinkle 1 tablespoon all-purpose flour into pan; cook 2 minutes, stirring constantly. Slowly add 1 1/2 cups milk, stirring constantly with a whisk until smooth; bring to a simmer over medium heat. Reduce heat, and simmer 10 minutes or until sauce thickens, stirring frequently.
- ☐ Remove from heat. Strain sauce through a fine mesh sieve into a bowl; discard solids. Rinse and dry pan; place over low heat, and return strained sauce to pan. Stir in 1/2 cup cheese and remaining ingredients; stir until cheese melts.
- ☐ Serve sauce with crepes.

Nutrition Facts



Properties

Glycemic Index:82.08, Glycemic Load:10.97, Inflammation Score:-6, Nutrition Score:15.023478331773%

Flavonoids

Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 277.17kcal (13.86%), Fat: 13.02g (20.03%), Saturated Fat: 6.79g (42.42%), Carbohydrates: 24.61g (8.2%), Net Carbohydrates: 22.28g (8.1%), Sugar: 7.02g (7.8%), Cholesterol: 71.08mg (23.69%), Sodium: 550.5mg (23.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.13g (32.25%), Phosphorus: 350.07mg (35.01%), Calcium: 318.99mg (31.9%), Selenium: 18.93µg (27.04%), Vitamin B2: 0.44mg (26.12%), Vitamin B1: 0.31mg (20.61%), Vitamin B3: 3.94mg (19.71%), Manganese: 0.37mg (18.27%), Vitamin B12: 1.07µg (17.79%), Vitamin B6: 0.34mg (17.11%), Zinc: 2.34mg (15.57%), Vitamin B5: 1.5mg (14.96%), Potassium: 455.5mg (13.01%), Magnesium: 49.47mg (12.37%), Folate: 47.78µg (11.95%), Vitamin K: 12.31µg (11.73%), Vitamin A: 583.67IU (11.67%), Vitamin D: 1.68µg (11.18%), Fiber: 2.34g (9.35%), Iron: 1.55mg (8.6%), Copper: 0.15mg (7.66%), Vitamin E: 0.33mg (2.18%), Vitamin C: 1.45mg (1.75%)