



Savory Stuffed CrÃapes

READY IN



60 min.

SERVINGS



8

CALORIES



313 kcal

SIDE DISH

Ingredients

- 5 Tbsp butter divided
- 8 oz three cheese shredded with a touch of philadelphia kraft
- 16 egg whites lightly beaten
- 0.8 cup flour
- 2 cups mushrooms fresh sliced
- 3 green onions thinly sliced
- 1 cup milk
- 2 Tbsp sugar
- 3 eggs whole

Equipment

- bowl
- frying pan
- oven
- whisk
- baking pan
- spatula

Directions

- Heat oven to 350F.
- Melt 3 Tbsp. butter.
- Add to whole eggs and milk in large bowl; whisk until blended.
- Add flour and sugar; mix well.
- Let stand 30 min.
- Spray heavy 8-inch skillet with cooking spray; heat on medium heat.
- Pour 1/4 cup batter into skillet; tilt skillet to evenly cover bottom of skillet with batter. Cook 1 to 2 min. or until bottom of crpe is lightly browned. Run spatula around edge of crpe to loosen from skillet; turn crpe. Cook 1 min. or until bottom of crpe is lightly browned.
- Remove from skillet; set aside. Repeat with remaining batter to make 7 additional crpes.
- Cook and stir mushrooms in 1 Tbsp. of the remaining butter in large skillet 3 to 5 min. or until tender.
- Add remaining butter and egg whites; cook 3 to 5 min. or until eggs are set, stirring occasionally.
- Top crpes with cheese, mushrooms, scrambled eggs and onions; fold in half.
- Place in 13x9-inch baking dish.
- Bake 5 min. or until cheese is melted.

Nutrition Facts



■ PROTEIN 23.39% ■ FAT 56.55% ■ CARBS 20.06%

Properties

Glycemic Index:40.51, Glycemic Load:9.54, Inflammation Score:-5, Nutrition Score:11.913912985636%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 313.32kcal (15.67%), Fat: 19.7g (30.3%), Saturated Fat: 11.12g (69.5%), Carbohydrates: 15.72g (5.24%), Net Carbohydrates: 15.05g (5.47%), Sugar: 5.66g (6.29%), Cholesterol: 112.47mg (37.49%), Sodium: 379.28mg (16.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.33g (36.67%), Selenium: 32.01µg (45.72%), Vitamin B2: 0.67mg (39.26%), Calcium: 259.26mg (25.93%), Phosphorus: 239.41mg (23.94%), Vitamin A: 689.22IU (13.78%), Vitamin B12: 0.69µg (11.51%), Folate: 44.78µg (11.19%), Zinc: 1.63mg (10.86%), Vitamin K: 10.79µg (10.28%), Vitamin B5: 1.02mg (10.22%), Vitamin B1: 0.15mg (9.91%), Vitamin B3: 1.71mg (8.54%), Potassium: 291.62mg (8.33%), Copper: 0.13mg (6.62%), Magnesium: 25.71mg (6.43%), Iron: 1.12mg (6.2%), Vitamin D: 0.88µg (5.89%), Manganese: 0.11mg (5.69%), Vitamin B6: 0.1mg (5.12%), Vitamin E: 0.64mg (4.27%), Fiber: 0.67g (2.69%), Vitamin C: 1.35mg (1.64%)