



Savory Stuffed Crepes

READY IN



45 min.

SERVINGS



8

CALORIES



330 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 5 tablespoons butter divided
- ☐ 8 ounce 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
- ☐ 0.3 teaspoon salt
- ☐ 5 tablespoons sugar divided

☐ 3 eggs whole

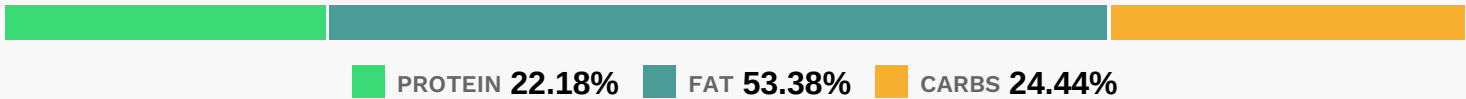
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Heat oven to 350 degrees F.
- ☐ Melt 3 Tbsp. butter.
- ☐ Add to whole eggs and milk in large bowl; whisk until blended.
- ☐ Add flour, 2 Tbsp. sugar and salt; mix well.
- ☐ Heat 8-inch heavy skillet sprayed with cooking spray on medium-high heat.
- ☐ Add 1/4 cup batter; immediately tilt skillet to evenly cover bottom with batter. Cook 1 to 2 min. or until bottom is lightly browned; turn. Cook 20 sec.
- ☐ Transfer crepe to plate. Repeat with remaining batter to make a total of 8 crepes.
- ☐ 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 crepes 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



Properties

Glycemic Index:40.51, Glycemic Load:12.68, Inflammation Score:-5, Nutrition Score:11.916086969168%

Flavonoids

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

Nutrients (% of daily need)

Calories: 329.75kcal (16.49%), Fat: 19.61g (30.17%), Saturated Fat: 11.06g (69.1%), Carbohydrates: 20.2g (6.73%), Net Carbohydrates: 19.53g (7.1%), Sugar: 10.15g (11.28%), Cholesterol: 112.2mg (37.4%), Sodium: 451.19mg (19.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.33g (36.67%), Selenium: 32.03µg (45.76%), Vitamin B2: 0.67mg (39.31%), Calcium: 259.32mg (25.93%), Phosphorus: 239.38mg (23.94%), Vitamin A: 686.1IU (13.72%), Vitamin B12: 0.69µg (11.51%), Folate: 44.78µg (11.19%), Zinc: 1.63mg (10.86%), Vitamin K: 10.78µg (10.27%), Vitamin B5: 1.02mg (10.21%), Vitamin B1: 0.15mg (9.91%), Vitamin B3: 1.71mg (8.54%), Potassium: 291.69mg (8.33%), Copper: 0.13mg (6.64%), Magnesium: 25.71mg (6.43%), Iron: 1.12mg (6.21%), Vitamin D: 0.88µg (5.89%), Manganese: 0.11mg (5.71%), Vitamin B6: 0.1mg (5.12%), Vitamin E: 0.64mg (4.26%), Fiber: 0.67g (2.69%), Vitamin C: 1.35mg (1.64%)