



Seafood Crepes

READY IN



45 min.

SERVINGS



4

CALORIES



545 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.7 cup flour all-purpose
- 1 cup milk
- 1 tablespoon vegetable oil
- 1 teaspoon sugar
- 0.3 teaspoon double-acting baking powder
- 0.3 teaspoon salt
- 1 eggs
- 2 tablespoons butter
- 0.3 cup mushrooms fresh chopped

- 0.3 cup spring onion chopped
- 0.7 cup shrimp cooked
- 6 oz crabmeat frozen thawed cooked drained
- 6 oz cream cheese cubed
- 4 oz swiss cheese shredded
- 0.5 cup frangelico

Equipment

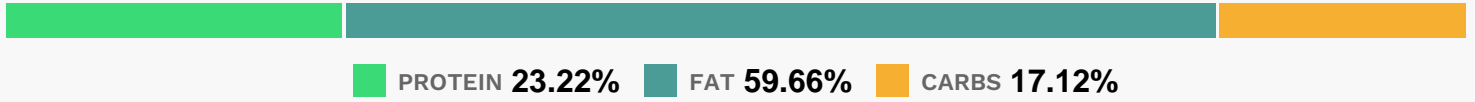
- bowl
- frying pan
- sauce pan
- whisk
- microwave
- glass baking pan

Directions

- In medium bowl, beat all crepe ingredients with wire whisk or hand beater until smooth. For each crepe, lightly butter 7- or 8-inch skillet; heat over medium heat until bubbly.
- Pour slightly less than 1/4 cup batter into skillet; rotate skillet until batter covers bottom. Cook until light brown; turn and cook other side until light brown. Stack crepes, placing waxed paper between each. Keep crepes covered to prevent them from drying out.
- In 2-quart saucepan, melt butter over medium heat. Cook mushrooms and 2 tablespoons of the onions in butter, stirring occasionally, until onions are tender. Stir in shrimp, crabmeat, half-and-half and cream cheese. Cook over medium heat, stirring constantly, until cheese is melted.
- Spoon about 1/4 cup seafood mixture down center of each crepe; roll up.
- Place in 11x7-inch (2-quart) glass baking dish.
- Sprinkle with Swiss cheese.
- Microwave uncovered on High 4 to 6 minutes or until cheese is melted and crepes are heated through.

Sprinkle with remaining 2 tablespoons onions.

Nutrition Facts



Properties

Glycemic Index:98.27, Glycemic Load:14.23, Inflammation Score:-7, Nutrition Score:20.97565191725%

Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 544.91kcal (27.25%), Fat: 36.21g (55.7%), Saturated Fat: 17.08g (106.74%), Carbohydrates: 23.36g (7.79%), Net Carbohydrates: 22.58g (8.21%), Sugar: 5.89g (6.55%), Cholesterol: 222.29mg (74.1%), Sodium: 750.69mg (32.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.71g (63.42%), Selenium: 42.63µg (60.91%), Phosphorus: 512.57mg (51.26%), Vitamin B12: 2.8µg (46.71%), Calcium: 463.38mg (46.34%), Copper: 0.58mg (29.22%), Vitamin B2: 0.49mg (28.97%), Zinc: 4.19mg (27.96%), Vitamin A: 1278.18IU (25.56%), Vitamin K: 20.89µg (19.89%), Folate: 76.45µg (19.11%), Vitamin B1: 0.23mg (15.59%), Magnesium: 57.59mg (14.4%), Vitamin B3: 2.78mg (13.89%), Vitamin B5: 1.38mg (13.76%), Vitamin E: 2.01mg (13.38%), Potassium: 458.84mg (13.11%), Manganese: 0.21mg (10.57%), Iron: 1.81mg (10.07%), Vitamin B6: 0.19mg (9.29%), Vitamin D: 0.9µg (6.02%), Vitamin C: 2.72mg (3.29%), Fiber: 0.79g (3.14%)