



Shellfish Crêpes in Wine-Cheese Sauce

READY IN



45 min.

SERVINGS



12

CALORIES



207 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup butter divided
- ☐ 0.5 tablespoon butter melted
- ☐ 8 ounces crab meat fresh
- ☐ 12 servings crêpes
- ☐ 0.3 cup vermouth dry
- ☐ 2 green onions minced
- ☐ 12 servings garnish: green onions sliced
- ☐ 12 servings wine-cheese sauce
- ☐ 0.3 teaspoon pepper

- ☐ 0.1 teaspoon salt
- ☐ 1 pound shrimp cooked chopped
- ☐ 8 ounces swiss cheese shredded

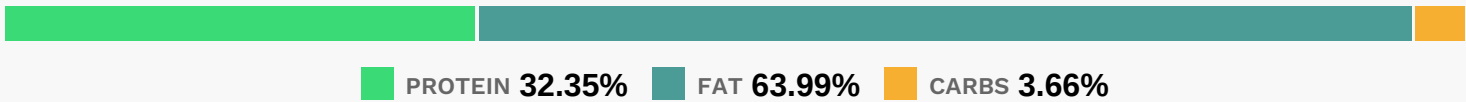
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Melt 1/4 cup butter in a large skillet over medium-high heat.
- ☐ Add shrimp, crabmeat, and green onions, and saut for 1 minute. Stir in vermouth, salt, and pepper. Bring mixture to a boil, and cook 7 minutes or until most of liquid is absorbed.
- ☐ Remove mixture from heat, and set aside.
- ☐ Drizzle 1/2 tablespoon melted butter into a 13- x 9-inch baking dish.
- ☐ Stir 2 cups Wine-Cheese Sauce into shrimp mixture. Spoon about 3 tablespoons shrimp mixture down center of each Crpe.
- ☐ Roll up, and place, seam side down, in prepared dish. Spoon remaining 2 cups Wine-Cheese Sauce over Crpes.
- ☐ Sprinkle with Swiss cheese, and dot with remaining 1/4 cup butter. Cover and chill for 3 hours.
- ☐ Let stand at room temperature 30 minutes.
- ☐ Bake at 450 for 20 minutes or until thoroughly heated.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:8.7773912678594%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 206.7kcal (10.33%), Fat: 14.51g (22.33%), Saturated Fat: 5.25g (32.81%), Carbohydrates: 1.87g (0.62%), Net Carbohydrates: 1.65g (0.6%), Sugar: 0.51g (0.56%), Cholesterol: 86.88mg (28.96%), Sodium: 371.92mg (16.17%), Alcohol: 0.47g (100%), Alcohol %: 0.6% (100%), Protein: 16.51g (33.02%), Vitamin B12: 2.28µg (38.03%), Phosphorus: 236.1mg (23.61%), Calcium: 211.48mg (21.15%), Selenium: 12.62µg (18.03%), Copper: 0.34mg (16.91%), Zinc: 2.49mg (16.59%), Vitamin K: 16.89µg (16.09%), Vitamin A: 605.94IU (12.12%), Magnesium: 30.7mg (7.68%), Potassium: 178.62mg (5.1%), Vitamin B2: 0.08mg (4.45%), Folate: 15.24µg (3.81%), Vitamin C: 2.85mg (3.45%), Vitamin E: 0.47mg (3.13%), Iron: 0.47mg (2.6%), Vitamin B6: 0.05mg (2.37%), Manganese: 0.04mg (1.91%), Vitamin B5: 0.16mg (1.62%), Vitamin B3: 0.26mg (1.32%), Vitamin B1: 0.02mg (1.04%)