



Shrimp Crepes

READY IN



90 min.

SERVINGS



10

CALORIES



165 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons butter
- 1 pinch cayenne pepper
- 3 eggs
- 1 tablespoon flour all-purpose
- 4 cloves garlic minced
- 1 tablespoon juice of lemon
- 2 tablespoons mayonnaise
- 1 cup milk
- 0.3 cup parmesan cheese grated

- 0.3 teaspoon salt
- 2 pounds shrimp deveined peeled
- 1.5 cups water

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk
- baking pan
- hand mixer
- spatula

Directions

- Spray a 9x12-inch baking dish with cooking spray.
- Beat 1 1/2 cups milk and eggs together in a large bowl using an electric mixer until frothy, about 2 minutes.
- Add 1 1/4 cups flour and 1/4 teaspoon salt to milk mixture; beat until incorporated, about 2 more minutes.
- Heat a non-stick skillet over medium heat.
- Pour 1/4 cup batter into the skillet and immediately rotate the skillet until the batter evenly coats the bottom in a thin layer. Cook until the top of the crepe is no longer wet and the bottom has turned light brown, about 4 minutes. Run a spatula around the edge of the skillet to loosen; flip crepe and cook until the other side has turned light brown, about 2 more minutes.
- Whisk water, 1/4 cup flour, 1/4 teaspoon salt together in a bowl.
- Place butter and garlic in a non-stick skillet over low heat. Cover skillet and cook until garlic is golden brown, about 7 minutes.
- Add shrimp and lobster meat; stir, cover skillet, and cook until shrimp are bright pink and cooked through, about 5 minutes.

- Add lemon juice and cayenne pepper; stir, cover skillet, and cook for 5 more minutes.
- Whisk water-flour mixture and stir into shrimp mixture.
- Sprinkle Parmesan cheese over shrimp mixture; cook and stir over medium heat until thickened, about 1 minute.
- Remove skillet from heat and spoon shrimp filling onto each crepe.
- Roll each crepe around filling and place in the prepared baking dish.
- Preheat oven to 350 degrees F (175 degrees C).
- Combine 1 cup milk, mayonnaise, and 1 tablespoon flour in a small saucepan; cook and stir over medium heat until bubbling, 2 to 3 minutes.
- Drizzle sauce over filled crepes.
- Bake in the preheated oven until crepes are cooked through and sauce is bubbling, 25 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:0.97, Inflammation Score:-1, Nutrition Score:6.1047825573579%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 165.15kcal (8.26%), Fat: 7.58g (11.67%), Saturated Fat: 3.12g (19.48%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 2.59g (0.94%), Sugar: 1.29g (1.44%), Cholesterol: 207.46mg (69.15%), Sodium: 275.65mg (11.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.65g (43.3%), Phosphorus: 264.82mg (26.48%), Copper: 0.38mg (18.83%), Calcium: 121.95mg (12.19%), Zinc: 1.62mg (10.83%), Magnesium: 38.15mg (9.54%), Potassium: 307.52mg (8.79%), Selenium: 5.91µg (8.44%), Vitamin B2: 0.11mg (6.44%), Vitamin B12: 0.29µg (4.85%), Vitamin K: 4.95µg (4.71%), Iron: 0.78mg (4.32%), Vitamin A: 208.58IU (4.17%), Vitamin D: 0.55µg (3.67%), Vitamin B5: 0.32mg (3.22%), Manganese: 0.06mg (3.13%), Vitamin B6: 0.06mg (2.79%), Vitamin E: 0.33mg (2.18%), Folate: 8.3µg (2.07%), Vitamin B1: 0.03mg (1.91%), Vitamin C: 0.96mg (1.17%)