



## Shrimp Crepes

READY IN



90 min.

SERVINGS



10

CALORIES



183 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
- 8 ounces live maine lobsters
- 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

**PROTEIN 55.84%** **FAT 38.35%** **CARBS 5.81%**

### Properties

Glycemic Index:27.5, Glycemic Load:0.97, Inflammation Score:-2, Nutrition Score:8.9139130251563%

### 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: 182.61kcal (9.13%), Fat: 7.75g (11.93%), Saturated Fat: 3.16g (19.73%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 2.59g (0.94%), Sugar: 1.29g (1.44%), Cholesterol: 236.26mg (78.75%), Sodium: 371.59mg (16.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.4g (50.79%), Copper: 0.68mg (34.13%), Phosphorus: 301.34mg (30.13%), Selenium: 20.33µg (29.05%), Zinc: 2.43mg (16.17%), Calcium: 141mg (14.1%), Magnesium: 46.77mg (11.69%), Potassium: 352.88mg (10.08%), Vitamin B12: 0.57µg (9.58%), Vitamin B2: 0.11mg (6.62%), Vitamin B5: 0.65mg (6.5%), Vitamin K: 4.95µg (4.71%), Iron: 0.84mg (4.65%), Vitamin A: 209.49IU (4.19%), Vitamin B6: 0.08mg (3.97%), Manganese: 0.08mg (3.77%), Vitamin D: 0.55µg (3.67%), Vitamin E: 0.52mg (3.5%), Folate:

10.57µg (2.64%), Vitamin B3: 0.45mg (2.27%), Vitamin B1: 0.03mg (2.22%), Vitamin C: 0.96mg (1.17%)