



Simple Crepes

 Vegetarian

READY IN



75 min.

SERVINGS



12

CALORIES



109 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 cup flour all-purpose
- 1 tablespoon granulated sugar
- 0.3 teaspoon kosher salt
- 1.5 cups milk whole room temperature
- 4 large eggs room temperature
- 3 tablespoons butter unsalted melted plus more for brushing

Equipment

- plastic wrap

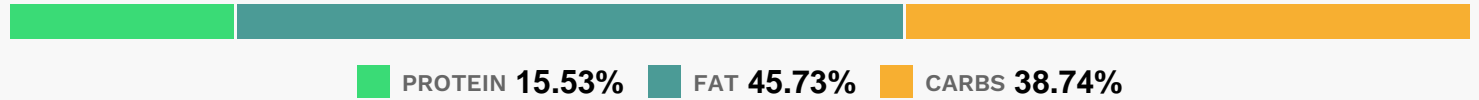
wax paper

Directions

In refrigerator: Stack cooked, cooled crepes with wax paper, wrap in plastic wrap and refrigerate up to three days.

In freezer: Wrap crepes in plastic wrap and freeze for up to one month.

Nutrition Facts



Properties

Glycemic Index:15.26, Glycemic Load:6.99, Inflammation Score:-2, Nutrition Score:4.1047826137232%

Nutrients (% of daily need)

Calories: 109kcal (5.45%), Fat: 5.51g (8.47%), Saturated Fat: 2.9g (18.14%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 10.21g (3.71%), Sugar: 2.56g (2.84%), Cholesterol: 73.18mg (24.4%), Sodium: 84.31mg (3.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.41%), Selenium: 9.27µg (13.24%), Vitamin B2: 0.17mg (10.06%), Phosphorus: 75.89mg (7.59%), Vitamin B1: 0.11mg (7.05%), Folate: 27µg (6.75%), Vitamin B12: 0.32µg (5.32%), Calcium: 49.29mg (4.93%), Vitamin D: 0.72µg (4.81%), Vitamin A: 226.88IU (4.54%), Iron: 0.78mg (4.31%), Vitamin B5: 0.42mg (4.19%), Manganese: 0.08mg (3.86%), Vitamin B3: 0.66mg (3.3%), Zinc: 0.42mg (2.78%), Vitamin B6: 0.05mg (2.58%), Potassium: 80.77mg (2.31%), Magnesium: 8.02mg (2.01%), Vitamin E: 0.28mg (1.85%), Copper: 0.03mg (1.4%), Fiber: 0.28g (1.13%)