



Simple Whole Wheat Crepes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



272 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 3 Tablespoons butter melted
- 3 eggs
- 1 Tablespoon maple syrup
- 1 cup milk
- 1 pinch sea salt
- 1 cup flour whole wheat white

Equipment

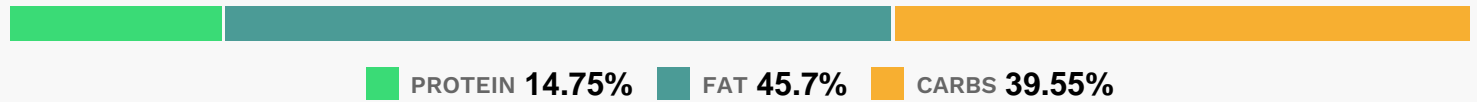
- frying pan

blender

Directions

- Place all ingredients in a blender and mix until smooth. The batter should be thin.
- Let it sit at least 30 minutes—or even overnight. When it comes time to cook your crêpes you can do it the traditional way, in a crêpe pan, or you can use an electric crêpe maker.

Nutrition Facts



Properties

Glycemic Index:31.13, Glycemic Load:2.32, Inflammation Score:-3, Nutrition Score:6.7169565217391%

Taste

Sweetness: 67.93%, Saltiness: 79.47%, Sourness: 21.15%, Bitterness: 12.81%, Savoriness: 52.47%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 272.48kcal (13.62%), Fat: 14.11g (21.7%), Saturated Fat: 7.56g (47.28%), Carbohydrates: 27.46g (9.15%), Net Carbohydrates: 24.46g (8.9%), Sugar: 6.06g (6.73%), Cholesterol: 152.66mg (50.89%), Sodium: 147.69mg (6.42%), Protein: 10.25g (20.49%), Vitamin B2: 0.3mg (17.77%), Selenium: 11.4µg (16.28%), Phosphorus: 129.47mg (12.95%), Calcium: 121.49mg (12.15%), Fiber: 3g (12%), Vitamin A: 539.42IU (10.79%), Vitamin B12: 0.64µg (10.68%), Vitamin D: 1.33µg (8.87%), Vitamin B5: 0.75mg (7.45%), Iron: 1.29mg (7.15%), Manganese: 0.13mg (6.34%), Potassium: 183.81mg (5.25%), Zinc: 0.72mg (4.8%), Vitamin B6: 0.09mg (4.68%), Vitamin E: 0.62mg (4.14%), Folate: 15.83µg (3.96%), Vitamin B1: 0.05mg (3.41%), Magnesium: 12.54mg (3.14%), Copper: 0.02mg (1.22%)