



## Soufflé Crêpes

READY IN



45 min.

SERVINGS



8

CALORIES



204 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 0.3 teaspoon double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 0.3 teaspoon cream of tartar
- ☐ 4 large eggs separated
- ☐ 0.5 cup flour all-purpose
- ☐ 1.3 cups milk light ( cream)
- ☐ 1 tablespoon sugar

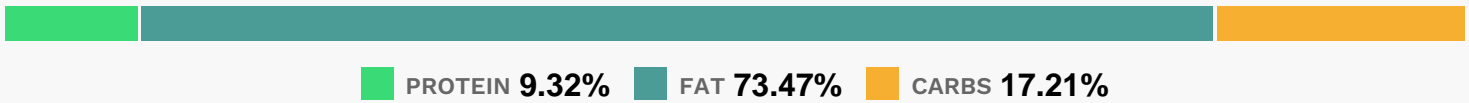
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ plastic wrap
- ☐ spatula

## Directions

- ☐ In a bowl with mixer on high speed, beat egg whites and cream of tartar until they form a thick foam. Continue to beat, gradually adding sugar until whites hold stiff moist peaks.
- ☐ In a blender, whirl egg yolks, milk, flour, and baking powder until smooth; scrape container as needed.
- ☐ Pour into whipped whites; fold gently until mixture is thoroughly blended.
- ☐ Use a crpe pan or regular or nonstick frying pan with a bottom that measures 7 to 8 inches across. Set pan on medium heat; when hot, brush bottom with butter (as needed or for flavor, in a nonstick pan).
- ☐ Pour 1/2 to 2/3 cup batter into pan all at once, and with the back of a spoon spread to cover pan bottom evenly. Cook until crpe is golden brown on both sides, turning once with a wide spatula, 1 1/2 to 2 1/2 minutes total.
- ☐ Invert crpe onto a flat plate; cover with a sheet of plastic wrap. Repeat to cook and stack remaining crpes (it gets thinner as it stands; stir often), tilting pan to coat bottom evenly.

## Nutrition Facts



## Properties

Glycemic Index:29.64, Glycemic Load:5.39, Inflammation Score:-4, Nutrition Score:4.7613043746223%

## Nutrients (% of daily need)

Calories: 204.48kcal (10.22%), Fat: 16.82g (25.88%), Saturated Fat: 8.6g (53.75%), Carbohydrates: 8.86g (2.95%), Net Carbohydrates: 8.65g (3.15%), Sugar: 1.65g (1.84%), Cholesterol: 134.45mg (44.82%), Sodium: 94.67mg (4.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.6%), Selenium: 10.52µg (15.03%), Vitamin A: 638.49IU (12.77%), Vitamin B2: 0.2mg (11.83%), Phosphorus: 84.27mg (8.43%), Folate: 27.58µg (6.89%), Vitamin B1: 0.08mg (5.38%), Vitamin B5: 0.52mg (5.17%), Vitamin B12: 0.3µg (5.01%), Calcium: 49.36mg (4.94%), Vitamin D: 0.72µg

(4.83%), Vitamin E: 0.7mg (4.7%), Iron: 0.83mg (4.61%), Zinc: 0.47mg (3.14%), Manganese: 0.06mg (3.05%), Vitamin B6: 0.06mg (2.84%), Potassium: 96.08mg (2.75%), Vitamin B3: 0.5mg (2.48%), Magnesium: 7.47mg (1.87%), Copper: 0.03mg (1.61%), Vitamin K: 1.11µg (1.05%)