



## Spiced Crepes with Strawberry Filling

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



542 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 0.8 cup flour instant
- 1 tablespoon granulated sugar
- 0.3 teaspoon nutmeg
- 0.1 teaspoon salt
- 1 cup milk
- 3 eggs
- 3 tablespoons butter cooled melted
- 0.5 teaspoon almond extract

- 1 teaspoon vegetable oil
- 2 tablespoons butter
- 2.5 cups cashew pieces
- 2 tablespoons brown sugar packed
- 2 tablespoons orange juice
- 1 tablespoon balsamic vinegar
- 1 teaspoon vanilla
- 1 Dash salt
- 2 tablespoons powdered sugar

## Equipment

- bowl
- frying pan
- paper towels
- baking paper
- whisk
- plastic wrap
- kitchen towels
- spatula

## Directions

- In medium bowl, mix flour, granulated sugar, nutmeg and 1/8 teaspoon salt; set aside. In another medium bowl, beat milk, eggs, 3 tablespoons butter and the almond extract with wire whisk. Make a well in center of dry ingredients and pour in wet ingredients. Gradually beat wet and dry ingredients together until no dry flour mixture is visible. The batter should have the consistency and look of beige house paint. If it's too thick, add more milk, 1 tablespoon at a time.
- In 8-inch nonstick skillet or crepe pan, pour about 1 teaspoon oil. Use a folded paper towel to wipe oil around entire interior of skillet.
- Heat skillet over medium heat until hot (a drop of water should skitter across the bottom).

- Add about 3 tablespoons batter to skillet and immediately tilt skillet to swirl batter so it covers the bottom of the skillet. Cook until tiny bubbles form around the edge and crepe is lightly browned on bottom. Use a spatula to loosen and flip the crepe. Cook other side just a few seconds. Turn finished crepe out onto plate. (Your first crepe may not turn out perfect—that's okay. The second one will.)
- Repeat with remaining batter. If crepes stick, re-oil bottom of skillet using the same paper towel. Stack crepes, placing a piece of cooking parchment paper or waxed paper between each so they don't stick together. Cover crepes with a kitchen towel so they don't dry out before making the filling. (Stacked crepes, wrapped in plastic wrap, can be stored in the refrigerator 1 day. Bring to room temperature before filling.)
- In 10-inch skillet, melt 2 tablespoons butter over medium heat.
- Add strawberries and brown sugar. Cook, stirring occasionally, until strawberries become slightly soft and exude some juice.
- Add orange juice, vinegar, vanilla and dash of salt. (
- Mixture will bubble up and you may want to avert your head; the fumes from the vinegar can take your breath away.) Cook uncovered 2 minutes, stirring occasionally, until liquid becomes slightly syrupy.
- Remove from heat.
- Remove a crepe from the stack and place it on clean work surface. (Be sure to fill crepes so the more attractive side will be on the outside.)
- Place about 2 tablespoons warm strawberry filling (try not to include too much of the juice) down middle of crepe. Fold sides of crepe, one at a time, over filling until they meet in the middle and overlap slightly. Repeat with remaining crepes and filling. Dust with powdered sugar.

## Nutrition Facts



### Properties

Glycemic Index:80.05, Glycemic Load:14.93, Inflammation Score:-7, Nutrition Score:19.848260972811%

### Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg,

Naringenin: 0.12mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 541.74kcal (27.09%), Fat: 37.38g (57.5%), Saturated Fat: 11.79g (73.67%), Carbohydrates: 40g (13.33%), Net Carbohydrates: 37.78g (13.74%), Sugar: 14.77g (16.41%), Cholesterol: 111.8mg (37.27%), Sodium: 185.35mg (8.06%), Alcohol: 0.34g (100%), Alcohol %: 0.27% (100%), Protein: 15.68g (31.35%), Copper: 1.23mg (61.28%), Manganese: 1.02mg (50.79%), Phosphorus: 424.91mg (42.49%), Magnesium: 169.72mg (42.43%), Selenium: 23.72µg (33.89%), Iron: 4.77mg (26.49%), Vitamin B1: 0.39mg (25.84%), Zinc: 3.69mg (24.58%), Vitamin K: 20.77µg (19.78%), Vitamin B2: 0.27mg (16.03%), Vitamin B6: 0.3mg (14.89%), Potassium: 487.15mg (13.92%), Folate: 54.52µg (13.63%), Vitamin B5: 1.05mg (10.51%), Vitamin A: 487.65IU (9.75%), Calcium: 92.38mg (9.24%), Fiber: 2.22g (8.9%), Vitamin B3: 1.59mg (7.95%), Vitamin B12: 0.44µg (7.25%), Vitamin E: 1.08mg (7.19%), Vitamin D: 0.89µg (5.92%), Vitamin C: 3.1mg (3.76%)