



Sweet Crêpes

 Vegetarian

READY IN



45 min.

SERVINGS



48

CALORIES



57 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 4 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 4 tablespoons butter unsalted softened for cooking crêpes
- ☐ 1 tablespoon vanilla extract
- ☐ 2.8 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ ladle
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ aluminum foil
- ☐ pastry brush

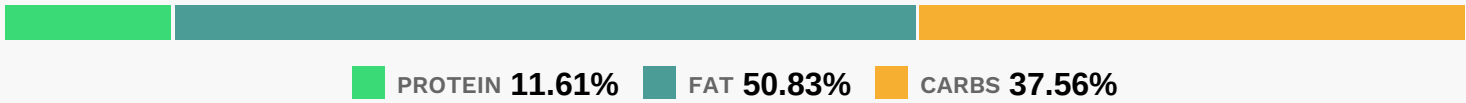
Directions

- ☐ In large bowl, whisk together 1 3/4 cups milk, heavy cream, and eggs. Gradually whisk in flour until smooth.
- ☐ Whisk in remaining 1 cup milk, sugar, salt, and vanilla. Strain batter through fine-mesh sieve, discarding any lumps. Refrigerate at least 1 hour or up to 2 days.
- ☐ Using pastry brush or paper towel, lightly coat 6-inch crêpe pan or cast-iron skillet with butter.
- ☐ Heat pan over moderately high heat until butter is hot but not smoking.
- ☐ Whisk batter briefly to reincorporate any settled solids.
- ☐ Ladle about 2 tablespoons batter into pan, immediately tilting and rotating skillet to coat bottom. Cook until crêpe is just set and golden around edges, 10 to 15 seconds. Using tip of knife, loosen edge of crêpe, then, using fingertips, carefully flip crêpe over. Cook until underside is set, about 20 seconds more.
- ☐ Transfer cooked crêpe to platter and keep warm.
- ☐ Repeat to cook remaining crêpes, coating pan with butter each time and stacking crêpes on platter. Fill crêpes with desired fillings and serve immediately.

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DO AHEAD: Crêpes can be made 1 day ahead. Refrigerate, covered. To rewarm, transfer stack to baking sheet, cover with foil, and heat in 300°F oven about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:3.81, Glycemic Load:3.47, Inflammation Score:-1, Nutrition Score:1.7595651913434%

Nutrients (% of daily need)

Calories: 57.02kcal (2.85%), Fat: 3.19g (4.9%), Saturated Fat: 1.85g (11.58%), Carbohydrates: 5.3g (1.77%), Net Carbohydrates: 5.16g (1.87%), Sugar: 1.34g (1.49%), Cholesterol: 23.89mg (7.96%), Sodium: 18.55mg (0.81%), Alcohol: 0.09g (100%), Alcohol %: 0.41% (100%), Protein: 1.64g (3.27%), Selenium: 3.44µg (4.91%), Vitamin B2: 0.07mg (4.22%), Vitamin B1: 0.05mg (3.41%), Phosphorus: 30.45mg (3.04%), Folate: 11.67µg (2.92%), Vitamin A: 128.97IU (2.58%), Calcium: 23.08mg (2.31%), Vitamin D: 0.31µg (2.09%), Vitamin B12: 0.12µg (2.01%), Manganese: 0.04mg (1.9%), Iron: 0.32mg (1.77%), Vitamin B3: 0.33mg (1.65%), Vitamin B5: 0.15mg (1.5%), Zinc: 0.16mg (1.05%), Potassium: 36.52mg (1.04%)