



Swiss Chicken Crêpes

READY IN



65 min.

SERVINGS



6

CALORIES



263 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 5 oz baby spinach fresh chopped
- ☐ 6 servings basil fresh
- ☐ 3 cups roasted chicken cooked finely chopped
- ☐ 8 egg roll wrappers
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 garlic clove pressed
- ☐ 1 teaspoon pepper
- ☐ 12 oz roasted peppers red drained
- ☐ 4 oz swiss cheese shredded

☐ 6 servings swiss cheese

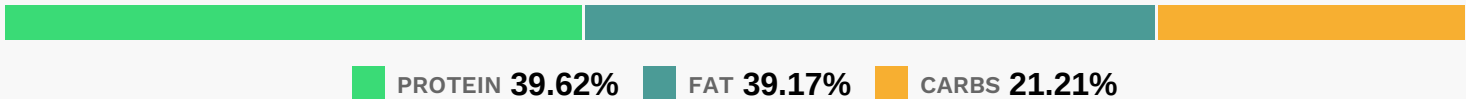
Equipment

- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 35
- ☐ Process peppers in a blender until smooth, stopping to scrape down sides as needed.
- ☐ Pour into 4 lightly greased 7- x 4 1/2-inch baking dish.
- ☐ Prepare Swiss Cheese Sauce. Stir together chicken, next 5 ingredients, and 1 cup Swiss Cheese Sauce.
- ☐ Divide chicken mixture among wrappers, spooning down centers; gently roll up.
- ☐ Place, seam sides down, over red peppers in baking dish. Top with remaining Swiss Cheese Sauce. Cover with aluminum foil.
- ☐ Bake, covered, at 350 for 15 minutes or until thoroughly heated and bubbly.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:0.3, Inflammation Score:-9, Nutrition Score:22.699565244758%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 263.46kcal (13.17%), Fat: 11.36g (17.48%), Saturated Fat: 4.98g (31.13%), Carbohydrates: 13.85g (4.62%), Net Carbohydrates: 12.19g (4.43%), Sugar: 0.12g (0.13%), Cholesterol: 72.57mg (24.19%), Sodium: 983.61mg

(42.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.87g (51.74%), Vitamin K: 127.39µg (121.32%), Vitamin A: 2866.53IU (57.33%), Selenium: 28.6µg (40.86%), Vitamin C: 33.7mg (40.85%), Vitamin B3: 6.99mg (34.93%), Phosphorus: 288.55mg (28.86%), Manganese: 0.51mg (25.57%), Calcium: 247.98mg (24.8%), Vitamin B6: 0.46mg (23.25%), Folate: 77.21µg (19.3%), Vitamin B2: 0.29mg (17.28%), Zinc: 2.32mg (15.45%), Iron: 2.69mg (14.92%), Vitamin B12: 0.81µg (13.46%), Magnesium: 52.25mg (13.06%), Potassium: 418.53mg (11.96%), Vitamin B1: 0.17mg (11.37%), Copper: 0.2mg (9.83%), Vitamin B5: 0.82mg (8.21%), Fiber: 1.65g (6.62%), Vitamin E: 0.63mg (4.18%)