



## Vanilla Crepes

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



145 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 5 tablespoons butter melted
- 3 egg yolk
- 1.5 cups flour all-purpose
- 1.5 cups milk
- 0.5 teaspoon salt
- 2 tablespoons sugar
- 2 tablespoons vanilla extract

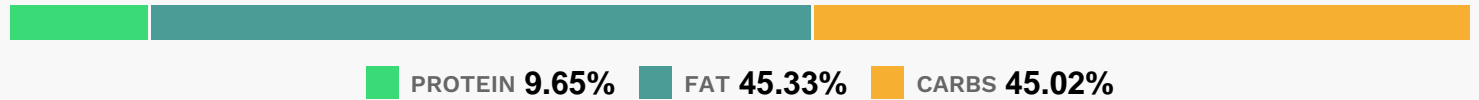
### Equipment

- bowl
- frying pan

## Directions

- In a large bowl, mix together the milk, egg yolks and vanilla. Stir in the flour, sugar, salt and melted butter until well blended.
- Heat a crepe pan over medium heat until hot. Coat with vegetable oil or cooking spray.
- Pour about 1/4 cup of batter into the pan and tip to spread the batter to the edges. When bubbles form on the top and the edges are dry, flip over and cook until lightly browned on the other side and edges are golden. Repeat with remaining batter.
- Fill crepes with your favorite fruit, cream, caramel or even ice cream or cheese to serve.

## Nutrition Facts



## Properties

Glycemic Index:19.42, Glycemic Load:10.57, Inflammation Score:-2, Nutrition Score:4.2091304193372%

## Nutrients (% of daily need)

Calories: 145.43kcal (7.27%), Fat: 7.06g (10.86%), Saturated Fat: 4.02g (25.12%), Carbohydrates: 15.78g (5.26%), Net Carbohydrates: 15.36g (5.58%), Sugar: 3.81g (4.23%), Cholesterol: 64.8mg (21.6%), Sodium: 148.68mg (6.46%), Alcohol: 0.75g (100%), Alcohol %: 1.55% (100%), Protein: 3.38g (6.76%), Selenium: 8.47µg (12.1%), Vitamin B1: 0.15mg (9.88%), Folate: 35.34µg (8.83%), Vitamin B2: 0.15mg (8.67%), Phosphorus: 66.76mg (6.68%), Manganese: 0.12mg (5.78%), Vitamin A: 260.08IU (5.2%), Vitamin B3: 0.97mg (4.84%), Calcium: 47.38mg (4.74%), Iron: 0.85mg (4.74%), Vitamin B12: 0.26µg (4.37%), Vitamin D: 0.58µg (3.86%), Vitamin B5: 0.32mg (3.24%), Zinc: 0.35mg (2.31%), Vitamin B6: 0.04mg (2.1%), Potassium: 72.04mg (2.06%), Magnesium: 7.7mg (1.93%), Vitamin E: 0.28mg (1.84%), Fiber: 0.42g (1.69%), Copper: 0.03mg (1.4%)