



Walnut Crepes with Raspberries and Dried Figs

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



507 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 cup flour
- 6 servings butter melted
- 8 ounce crème fraîche
- 0.3 cup t brown sugar dark packed ()
- 3 large eggs
- 1.5 cups figs dried chopped
- 2 tablespoons honey

- 1 cup muscat pumpkin
- 1 teaspoon orange zest, grated
- 0.3 teaspoon salt
- 2 tablespoons sugar
- 6 servings sugar
- 2 tablespoons butter, unsalted, melted ()
- 0.5 vanilla pod, split
- 0.3 cup walnut pieces, chopped
- 1 cup water
- 1 cup milk, whole ()
- 12 frangelico, sweetened frozen (packed in syrup), thawed, juice reserved
- 12 frangelico, sweetened frozen (packed in syrup), thawed, juice reserved

Equipment

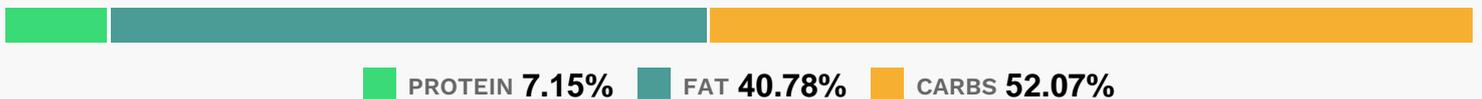
- bowl
- frying pan
- sauce pan
- oven
- blender
- aluminum foil
- spatula
- glass baking pan

Directions

- Scrape seeds from vanilla bean into heavy medium saucepan; add bean.
- Add figs, raspberries with juices and all remaining ingredients. Bring to simmer, stirring until sugar dissolves. Simmer over medium heat until figs are tender, about 30 minutes. Cool. (Can be prepared 3 days ahead. Cover and chill.)

- Combine 1 cup milk and next 7 ingredients in blender. Blend until smooth, occasionally scraping down sides of blender. Cover; chill crepe batter in blender container 2 hours. Re-blend batter 15 seconds. If necessary, thin batter with additional milk, 1 tablespoon at a time, to consistency of heavy cream.
- Heat nonstick skillet with 7-inch-diameter bottom over medium-high heat.
- Brush skillet with additional melted butter.
- Pour scant 1/4 cup crepe batter into skillet, tilting skillet quickly to coat bottom. Cook until top of crepe appears dry and bottom is golden, loosening sides of crepe with spatula, about 35 seconds. Turn crepe over; cook until brown spots appear on bottom, about 20 seconds. Turn crepe out onto plate. Repeat with remaining batter. Stack crepes on plate.
- Brush 13 x 9 x 2-inch glass baking dish with additional melted butter. Spoon generous 2 tablespoons filling onto center of spotted side of 1 crepe.
- Spread filling to within 1 inch of edge of crepe. Fold crepe in half, then fold in half again, forming wedge shape.
- Place filled crepe in prepared dish. Repeat with remaining crepes and filling, overlapping crepes slightly in dish.
- Brush crepes lightly with melted butter.
- Sprinkle lightly with additional sugar. Cover dish with foil. Stir crème fraîche and honey in small bowl to blend. (Crepes and honey crème fraîche can be prepared 1 day ahead. Cover separately and chill.)
- Preheat oven to 350°F.
- Bake crepes, covered, until heated through, about 20 minutes.
- Place 2 crepes on each of 6 plates. Top with dollop of honey crème fraîche and serve.

Nutrition Facts



Properties

Glycemic Index:72.74, Glycemic Load:32.35, Inflammation Score:-6, Nutrition Score:11.244782706966%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.94mg, Catechin: 0.94mg, Catechin: 0.94mg

Catechin: 0.94mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Quercetin:
3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 507.14kcal (25.36%), Fat: 22.53g (34.66%), Saturated Fat: 10.69g (66.82%), Carbohydrates: 64.7g
(21.57%), Net Carbohydrates: 62.05g (22.56%), Sugar: 43.77g (48.64%), Cholesterol: 140.96mg (46.99%), Sodium:
198.32mg (8.62%), Alcohol: 3.47g (100%), Alcohol %: 1.42% (100%), Protein: 8.89g (17.78%), Selenium: 17.63µg
(25.18%), Vitamin B2: 0.38mg (22.53%), Manganese: 0.41mg (20.48%), Vitamin B1: 0.26mg (17.12%), Phosphorus:
169.99mg (17%), Vitamin A: 764.3IU (15.29%), Folate: 61.09µg (15.27%), Calcium: 143.09mg (14.31%), Fiber: 2.65g
(10.61%), Iron: 1.9mg (10.55%), Vitamin B5: 0.99mg (9.88%), Potassium: 342.96mg (9.8%), Vitamin B6: 0.19mg
(9.57%), Copper: 0.19mg (9.48%), Vitamin B12: 0.54µg (8.97%), Magnesium: 35.63mg (8.91%), Vitamin B3: 1.64mg
(8.22%), Zinc: 1.03mg (6.88%), Vitamin D: 1.02µg (6.78%), Vitamin E: 0.76mg (5.09%), Vitamin K: 4.41µg (4.2%),
Vitamin C: 2.07mg (2.51%)