



Yummy Apple Cinnamon Crepes

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



283 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 teaspoons cinnamon
- 2 tablespoons cornstarch
- 3 eggs
- 2 cups flour all-purpose
- 4 granny smith apples diced peeled
- 0.5 teaspoon ground cinnamon
- 1.5 tablespoons milk
- 0.3 teaspoon salt

- 8 teaspoons vegetable oil divided
- 1 tablespoon water
- 0.5 cup sugar white

Equipment

- bowl
- frying pan
- whisk
- pot

Directions

- Whisk eggs and salt together in a bowl. Gradually stir flour into eggs, alternately with 2 cups milk until fully incorporated. Beat 1/4 cup vegetable oil and 1/2 teaspoon cinnamon into flour mixture. Refrigerate batter for at least 1 hour.
- Mix apples, sugar, 2 teaspoons cinnamon, and 2 tablespoons water in a pot.
- Whisk cornstarch and 1 tablespoon water in a small bowl; pour into apple mixture.
- Simmer apple mixture over medium heat, stirring often, until thickened, 8 to 10 minutes. Keep warm.
- Whisk 1 1/2 tablespoons milk into chilled batter.
- Heat about 1 teaspoon vegetable oil in a crepe or frying pan over medium heat.
- Pour about 1/3 cup batter into the heated oil; tip and rotate the crepe pan until the batter covers the entire area. Cook until the edges begin to curl away from the sides of the pan, about 30 seconds; flip the crepe and continue cooking until lightly golden on the other side, about 30 more seconds.
- Remove crepe from pan, add more oil, and repeat with remaining batter.
- Spoon the apple filling into each crepe; fold crepe over the filling and serve.

Nutrition Facts



PROTEIN 7.86% FAT 20.81% CARBS 71.33%

Properties

Glycemic Index:28.14, Glycemic Load:29.36, Inflammation Score:-4, Nutrition Score:8.1843478783317%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 283.42kcal (14.17%), Fat: 6.67g (10.26%), Saturated Fat: 1.33g (8.32%), Carbohydrates: 51.43g (17.14%), Net Carbohydrates: 48.06g (17.48%), Sugar: 22.23g (24.7%), Cholesterol: 61.72mg (20.57%), Sodium: 99.17mg (4.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.33%), Selenium: 15.86µg (22.66%), Manganese: 0.36mg (18.03%), Vitamin B1: 0.27mg (17.94%), Folate: 67.71µg (16.93%), Vitamin B2: 0.26mg (15.29%), Fiber: 3.38g (13.51%), Iron: 1.92mg (10.65%), Vitamin K: 10.62µg (10.12%), Vitamin B3: 1.95mg (9.76%), Phosphorus: 79.93mg (7.99%), Vitamin C: 4.21mg (5.1%), Vitamin E: 0.74mg (4.93%), Potassium: 160.82mg (4.59%), Vitamin B5: 0.46mg (4.58%), Copper: 0.09mg (4.29%), Vitamin B6: 0.08mg (4.09%), Magnesium: 14.2mg (3.55%), Zinc: 0.49mg (3.29%), Calcium: 29.38mg (2.94%), Vitamin A: 144.64IU (2.89%), Vitamin B12: 0.16µg (2.7%), Vitamin D: 0.36µg (2.41%)