

Chicken Crepes

Yield: 11 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-swiss-chicken-crepes>

Ingredients:

- 5 tablespoons butter
- 1 onion small, chopped
- 1/3 fresh mushrooms a pound of, sliced
- 3 tablespoons whole wheat flour
- 1 cup chicken broth
- 3/4 cup half and half
- 2 cups chicken cooked and cubed
- 1/3 cup Parmesan cheese
- 10 ounces frozen peas bag of
- 1/2 teaspoon rosemary crushed
- salt
- pepper
- 3 tablespoons butter
- 2 tablespoons flour
- 2 cups milk
- 1/2 cup half and half
- 2 1/2 cups jack Monterey, Swiss or Gruyere Cheese
- 1/3 cup Parmesan cheese
- 4 green onions chopped
- salt
- pepper

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 90 milligrams
4. Fat: 24 grams
5. Fiber: 2 grams
6. Protein: 22 grams

7. SaturatedFat: 14 grams
 8. Sodium: 550 milligrams
 9. Sugar: 5 grams
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