

Buckwheat Crepe

Yield: 19 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/polish-crepe-recipe>

Ingredients:

- 2 cups whole milk
- 1 tablespoon sugar
- 1/4 teaspoon sea salt
- 3 tablespoons butter salted or unsalted, melted
- 1/2 cup buckwheat flour
- 3/4 cup all-purpose flour In France, I use type 65
- 3 large eggs

Nutrition:

1. Calories: 70 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 40 milligrams
4. Fat: 3.5 grams
5. Protein: 3 grams
6. SaturatedFat: 2 grams
7. Sodium: 65 milligrams
8. Sugar: 2 grams

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