GLOBAL · BREAKFAST · SNACK

Egg White and Gelatin Crêpes (Carnivore Wraps)

15 min · Makes 1 × 3 small crêpes · 124 kcal a portion · Video 13:55 · Indigo Nili

Carnivore · Gluten-free ingredients · Nut-free

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A flour-free wrap: the three crêpes give about 19 g of protein for roughly 125 kcal and under 1 g of carbohydrate, and are rich in selenium.

Diet notes: Low carb (0.7 g net carbs) but not keto: 34% of the energy is from fat, and keto meals get about 60% or more.

Ingredients

3 · MAKES 1 × 3 SMALL CRÊPES

- [ ] 3 large **egg whites** (just under 100 g)
- [ ] 1 tbsp (10 g) **unflavoured beef gelatin**
- [ ] a little **ghee** for brushing the griddle (about 1 tsp)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Egg, Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat a nonstick griddle or frying pan to about 190°C. Separate 3 eggs and keep the yolks for another dish. 2:34
2. Whisk the egg whites with 1 tbsp beef gelatin until combined and a little frothy. A few small lumps of gelatin are fine, or smooth the batter with a stick blender. 3:30
3. Brush the hot griddle lightly with ghee. Pour on a third of the batter and spread it with a spatula into a 13–15 cm round about 3 mm thick, with no thin spots. 4:02
4. Cook for about 2 minutes, until the edges lift and the underside is lightly browned, then flip and cook 2 minutes more. Brush on a little more ghee and repeat with the rest of the batter. 5:32
5. Use the crêpes warm or cool as wraps for meat, eggs or cheese. 11:16

> **Tip** Serves 1 is our estimate (the batch makes three small crêpes). Two whole eggs instead of the whites also work but taste more like omelette. They are soft and pliable, so use them like thin tortillas.

The method is a summary in our words — the video shows every step.

One portion (3 small crêpes) gives you

1 OF 1 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
124 kcal	19 g	0.7 g	0 g	4.7 g	180 mg
520 kJ	39% of a day	0.7 g net · 0.7 g sugars	0% of a day	2.8 g saturated	8% of a day
		0% of a day		6% of a day	

Energy from net carbs 2% · protein 63% · fat 35% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 43%

Recipe and video: Indigo Nili (@IndigoNili) on YouTube — youtube.com/watch?v=jp5x-oxJYxM, published 22 January 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/egg-white-gelatin-crepes