



Almond Dulce de Leche CrÃªpes

READY IN



45 min.

SERVINGS



8

CALORIES



154 kcal

SIDE DISH

Ingredients

- ☐ 0.5 tsp almond extract
- ☐ 0.5 cup knudsen cream sour
- ☐ 0.7 cup dulce de leche sweetened () (milk caramel)
- ☐ 2 eggs
- ☐ 0.8 cup flour
- ☐ 1 cup milk divided
- ☐ 0.3 cup planters slivered almonds toasted
- ☐ 2 Tbsp sugar
- ☐ 0.5 cup cool whip whipped topping thawed

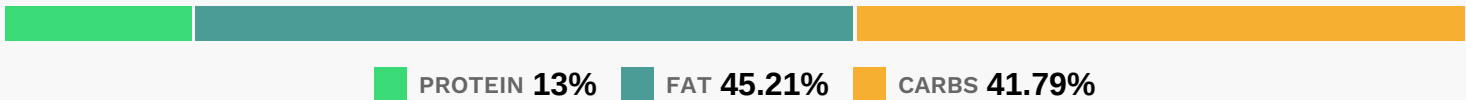
Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Heat oven to 350F.
- ☐ Blend eggs, 1/2 cup milk, flour, sour cream, sugar and extract in blender 1 min. or until smooth.
- ☐ Let stand 10 min.
- ☐ Spray 13x9-inch baking dish with cooking spray.
- ☐ Mix dulce de leche and remaining milk; pour 1/2 cup into prepared dish. Tilt dish to evenly cover bottom with caramel mixture.
- ☐ Heat 8-inch nonstick crpe pan or saut pan sprayed with cooking spray on medium-high heat.
- ☐ Add 1-1/2 Tbsp. batter; tilt pan to evenly cover bottom with batter. Cook 30 sec.; turn. Cook additional 30 sec. Fold crpe into quarters; place over caramel mixture in baking dish. Continue with remaining batter to make a total of 16 crpes, arranging in dish in 4 slightly overlapping rows. Top with remaining caramel mixture; cover.
- ☐ Bake 10 min.
- ☐ Sprinkle with nuts. Cool slightly.
- ☐ Serve topped with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:29.39, Glycemic Load:9.15, Inflammation Score:-3, Nutrition Score:5.5695652197237%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 154.01kcal (7.7%), Fat: 7.8g (11.99%), Saturated Fat: 3.08g (19.26%), Carbohydrates: 16.21g (5.4%), Net Carbohydrates: 15.33g (5.58%), Sugar: 6.36g (7.07%), Cholesterol: 53.15mg (17.72%), Sodium: 35.37mg (1.54%), Alcohol: 0.09g (100%), Alcohol %: 0.12% (100%), Protein: 5.04g (10.08%), Vitamin B2: 0.23mg (13.57%), Selenium: 8.78µg (12.54%), Phosphorus: 101.3mg (10.13%), Manganese: 0.19mg (9.47%), Vitamin E: 1.37mg (9.12%), Vitamin B1: 0.13mg (8.44%), Calcium: 75.44mg (7.54%), Folate: 29.6µg (7.4%), Magnesium: 21.51mg (5.38%), Iron: 0.92mg (5.11%), Vitamin B12: 0.3µg (5.04%), Vitamin B3: 0.91mg (4.57%), Vitamin A: 201.88IU (4.04%), Vitamin B5: 0.4mg (4.03%), Copper: 0.07mg (3.75%), Vitamin D: 0.56µg (3.7%), Potassium: 129.61mg (3.7%), Zinc: 0.54mg (3.61%), Fiber: 0.88g (3.52%), Vitamin B6: 0.06mg (2.78%)