



Apple Crepes

READY IN



22 min.

SERVINGS



9

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 12 ounce escalloped apples
- ☐ 14 ounce eagle brand® condensed milk sweetened canned
- ☐ 8 ounce cream cheese softened
- ☐ 1 package pre d crepes
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2.5 tablespoons pecans toasted chopped
- ☐ 1 teaspoon vanilla extract

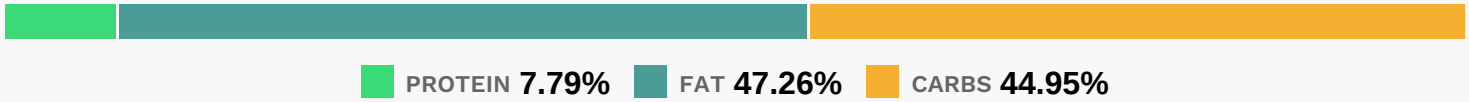
Equipment

- ☐ blender
- ☐ microwave

Directions

- ☐ Thaw escalloped apples in microwave at MEDIUM (50% power) 6 to 7 minutes.
- ☐ With a mixer, on medium speed, beat cream cheese, sweetened condensed milk, and vanilla until smooth.
- ☐ Spread 1 tablespoon mixture down center of each Crepe; top with about 2 tablespoons escalloped apples.
- ☐ Roll up, and place, seam side down, in a serving dish.
- ☐ Stir cinnamon into remaining cream cheese mixture; dollop over filled Crepes, and sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:16.4, Inflammation Score:-4, Nutrition Score:5.6526086952375%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 2.87mg, Epicatechin: 2.87mg, Epicatechin: 2.87mg, Epicatechin: 2.87mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 270.56kcal (13.53%), Fat: 14.58g (22.43%), Saturated Fat: 7.7g (48.11%), Carbohydrates: 31.2g (10.4%), Net Carbohydrates: 29.97g (10.9%), Sugar: 29.07g (32.3%), Cholesterol: 40.49mg (13.5%), Sodium: 136.18mg (5.92%), Alcohol: 0.15g (100%), Alcohol %: 0.18% (100%), Protein: 5.4g (10.81%), Calcium: 155.14mg (15.51%), Phosphorus: 150.48mg (15.05%), Vitamin B2: 0.26mg (15.02%), Selenium: 8.8µg (12.58%), Vitamin A: 478.47IU (9.57%), Manganese: 0.16mg (8.2%), Potassium: 249.84mg (7.14%), Vitamin B5: 0.52mg (5.22%), Fiber: 1.23g (4.93%), Magnesium: 19.1mg (4.78%), Vitamin B1: 0.07mg (4.69%), Zinc: 0.68mg (4.56%), Vitamin B12: 0.25µg (4.16%),

Vitamin C: 2.92mg (3.54%), Vitamin B6: 0.06mg (2.91%), Copper: 0.06mg (2.77%), Vitamin E: 0.4mg (2.65%),
Folate: 8.87µg (2.22%), Vitamin K: 1.76µg (1.67%), Iron: 0.24mg (1.32%)