

# Apple Crisp Crepes



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



162 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 0.8 cup milk
- ☐ 2 eggs
- ☐ 2 medium apples i use 2 granny smith apples chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 0.5 cup rolled oats
- ☐ 2 tablespoons brown sugar packed
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 12 oz vanilla yogurt fat free french 99% yoplait®

- ☐ 1 serving ground cinnamon to taste
- ☐ 1 cup frangelico

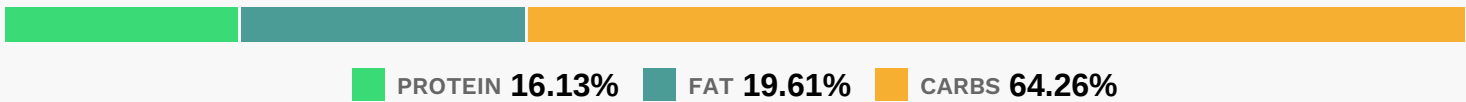
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ microwave
- ☐ spatula

## Directions

- ☐ In medium bowl, beat Bisquick mix, milk and eggs with whisk until smooth.
- ☐ Spray 6- to 7-inch skillet or crepe pan with cooking spray or grease lightly with butter; heat over medium heat. For each crepe, pour about 2 tablespoons batter into skillet. Immediately tilt and rotate skillet so thin layer of batter covers bottom. Cook until light brown. Run wide spatula around edge to loosen; turn and cook other side until light brown. Repeat with remaining batter, greasing skillet as needed.
- ☐ Stack crepes, placing waxed paper between each; cover to keep warm and prevent crepes from drying out.
- ☐ Meanwhile, in medium microwavable bowl, stir together all filling ingredients. Microwave uncovered on High 5 minutes, stirring once.
- ☐ To assemble, spoon 1 to 2 tablespoons filling down center of each crepe.
- ☐ Roll up; place seam side down on plate.
- ☐ Serve crepes topped with yogurt and cinnamon.

## Nutrition Facts



## Properties

Glycemic Index:20, Glycemic Load:4.32, Inflammation Score:-3, Nutrition Score:7.422608645066%

## Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg, Epigallocatechin 3–gallate: 0.12mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 161.61kcal (8.08%), Fat: 3.64g (5.59%), Saturated Fat: 1.58g (9.86%), Carbohydrates: 26.8g (8.93%), Net Carbohydrates: 24.39g (8.87%), Sugar: 19.68g (21.86%), Cholesterol: 61.06mg (20.35%), Sodium: 72.05mg (3.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.45%), Manganese: 0.36mg (18.21%), Phosphorus: 171.44mg (17.14%), Calcium: 158.32mg (15.83%), Vitamin B2: 0.25mg (14.7%), Selenium: 9.88µg (14.11%), Vitamin B12: 0.6µg (9.93%), Fiber: 2.41g (9.65%), Potassium: 289.58mg (8.27%), Vitamin B5: 0.77mg (7.75%), Zinc: 1.07mg (7.11%), Magnesium: 27.66mg (6.91%), Vitamin B1: 0.09mg (5.92%), Vitamin B6: 0.1mg (5.21%), Vitamin C: 4.23mg (5.13%), Folate: 17.68µg (4.42%), Vitamin D: 0.63µg (4.19%), Iron: 0.73mg (4.05%), Vitamin A: 187.38IU (3.75%), Copper: 0.06mg (3.25%), Vitamin E: 0.33mg (2.22%), Vitamin K: 1.82µg (1.73%), Vitamin B3: 0.25mg (1.24%)