



Banana and Yogurt Crepes

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



122 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 banana diced
- 1 eggs
- 1 egg white
- 1.8 cups lactose-free milk fat-free low-fat
- 0.8 cup flour
- 8 ounce vanilla yogurt low-fat
- 2 tablespoons maple syrup divided
- 0.5 teaspoon vanilla extract

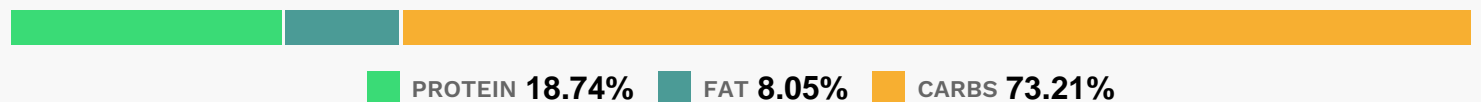
Equipment

- food processor
- bowl
- frying pan
- whisk
- blender
- wax paper
- spatula

Directions

- Whisk together fat-free or low-fat lactose-free milk, flour, egg, egg whites and 1 tablespoon of honey in a medium bowl. Allow batter to rest 5 minutes at room temperature.
- Heat a 10-inch non-stick skillet over medium heat.
- Pour 1/4 cup batter into skillet; quickly tilt and swirl batter to coat bottom of skillet. When crepe is lightly browned at edges, use a thin spatula to loosen and turn over. Cook turned crepe about 20 seconds or until lightly browned; slide onto plate to cool. Continue making crepes with remaining batter. To prevent sticking, place a piece of wax paper between each crepe.
- Puree yogurt, vanilla and remaining honey in a blender or food processor until smooth.
- Add diced banana.
- Spread each crepe with about 2 1/2 tablespoons of the yogurt mixture.
- Roll crepes into cylinders.
- Place 2 crepes on each serving plate and garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:24.94, Glycemic Load:10.2, Inflammation Score:-3, Nutrition Score:6.3030434885751%

Flavonoids

Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 122.14kcal (6.11%), Fat: 1.09g (1.68%), Saturated Fat: 0.46g (2.89%), Carbohydrates: 22.31g (7.44%), Net Carbohydrates: 21.61g (7.86%), Sugar: 11.52g (12.8%), Cholesterol: 23.49mg (7.83%), Sodium: 55.57mg (2.42%), Alcohol: 0.09g (100%), Alcohol %: 0.09% (100%), Protein: 5.71g (11.42%), Vitamin B2: 0.3mg (17.72%), Calcium: 130.54mg (13.05%), Selenium: 9.02µg (12.89%), Phosphorus: 122.99mg (12.3%), Manganese: 0.24mg (12%), Vitamin B1: 0.14mg (9.61%), Vitamin B12: 0.51µg (8.56%), Folate: 31.32µg (7.83%), Potassium: 242.25mg (6.92%), Vitamin B6: 0.11mg (5.64%), Vitamin B5: 0.54mg (5.4%), Magnesium: 19.68mg (4.92%), Vitamin D: 0.7µg (4.66%), Zinc: 0.69mg (4.59%), Vitamin B3: 0.9mg (4.48%), Iron: 0.71mg (3.93%), Vitamin A: 160.66IU (3.21%), Fiber: 0.7g (2.8%), Copper: 0.04mg (1.91%), Vitamin C: 1.51mg (1.83%)