



Banana Caramel Pecan Crepes

READY IN



45 min.

SERVINGS



6

CALORIES



356 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2.5 pounds bananas firm peeled sliced
- ☐ 2 tablespoons butter
- ☐ 0.5 cup caramel sundae syrup fat-free divided
- ☐ 54 inch crêpes french prepared (such as Melissa's)
- ☐ 0.3 cup pecans chopped

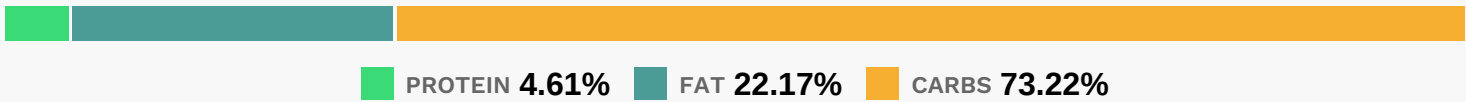
Equipment

- ☐ frying pan

Directions

- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add pecans; saut 1 minute.
- ☐ Add bananas; saut 2 minutes.
- ☐ Drizzle with 1/3 cup syrup; cook 1 minute.
- ☐ Remove from heat.
- ☐ Spoon about 1/3 cup banana mixture into the center of each crepe. Fold sides and ends over.
- ☐ Place on a serving platter, seam sides down; drizzle with remaining syrup.

Nutrition Facts



Properties

Glycemic Index:19.13, Glycemic Load:20.93, Inflammation Score:-5, Nutrition Score:9.869565302911%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 11.86mg, Catechin: 11.86mg, Catechin: 11.86mg, Catechin: 11.86mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 355.8kcal (17.79%), Fat: 9.28g (14.27%), Saturated Fat: 3.69g (23.07%), Carbohydrates: 68.95g (22.98%), Net Carbohydrates: 63.6g (23.13%), Sugar: 40.38g (44.86%), Cholesterol: 19.63mg (6.54%), Sodium: 223.22mg (9.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.69%), Manganese: 0.72mg (36.2%), Vitamin B6: 0.7mg (35.16%), Fiber: 5.35g (21.4%), Potassium: 708.78mg (20.25%), Vitamin C: 16.59mg (20.11%), Magnesium: 57.56mg (14.39%), Copper: 0.2mg (10.1%), Folate: 39.32µg (9.83%), Vitamin B2: 0.15mg (8.56%), Vitamin B5: 0.71mg (7.05%), Vitamin B3: 1.31mg (6.56%), Phosphorus: 62.62mg (6.26%), Vitamin B1: 0.09mg (5.92%), Vitamin A: 257.07IU (5.14%), Iron: 0.9mg (4.99%), Calcium: 38.98mg (3.9%), Selenium: 2.35µg (3.36%), Zinc: 0.49mg (3.29%), Vitamin E: 0.37mg (2.47%), Vitamin K: 1.43µg (1.36%)