



Banana, Chocolate Hazelnut and Potato Straw Crepe

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



268 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 bananas sliced into 1/2-inch-thick rounds
- ☐ 2 tablespoons butter melted plus more for cooking
- ☐ 0.5 cup nutella such as nutella
- ☐ 1 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup heavy cream
- ☐ 1 can potato straws store-bought

- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup milk whole

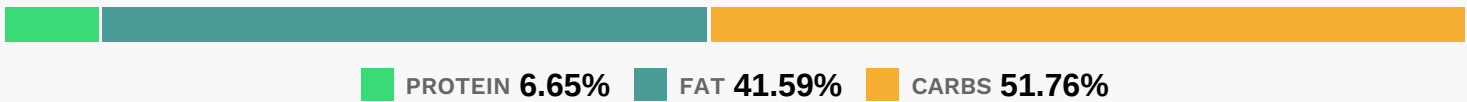
Equipment

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

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large bowl, mix the flour and salt together.
- ☐ Whisk in the milk, cream, butter and egg until smooth. Cover the bowl and refrigerate, about 1 hour.
- ☐ Add a pat of butter to a 10-inch nonstick skillet over medium-high heat.
- ☐ Add 2 ounces of the batter and swirl around to coat the skillet in an even thin layer. Cook until light golden brown, about 1 minute. Flip the crepe with a fish spatula or thin turner and cook, 15 to 45 seconds.
- ☐ Transfer the crepe to a plate and repeat with the remaining batter, adding more butter if needed.
- ☐ Spread each crepe with a generous helping of chocolate spread, slices from half a banana and a handful of potato straws.
- ☐ Roll up, closing off both ends and cut on a bias.
- ☐ Serve dusted with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:41.36, Glycemic Load:16.56, Inflammation Score:-4, Nutrition Score:7.9013043901195%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 268.3kcal (13.41%), Fat: 12.66g (19.47%), Saturated Fat: 9.52g (59.48%), Carbohydrates: 35.44g (11.81%), Net Carbohydrates: 32.57g (11.84%), Sugar: 18.7g (20.77%), Cholesterol: 39.13mg (13.04%), Sodium: 194.88mg (8.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.11%), Manganese: 0.41mg (20.25%), Vitamin B6: 0.26mg (13.17%), Vitamin B2: 0.2mg (12.04%), Fiber: 2.87g (11.46%), Selenium: 7.62µg (10.89%), Potassium: 350.44mg (10.01%), Folate: 38.88µg (9.72%), Vitamin B1: 0.14mg (9.53%), Phosphorus: 93.36mg (9.34%), Iron: 1.63mg (9.03%), Magnesium: 34.54mg (8.63%), Vitamin E: 1.21mg (8.1%), Copper: 0.16mg (7.8%), Vitamin C: 5.2mg (6.31%), Calcium: 62.03mg (6.2%), Vitamin A: 301.88IU (6.04%), Vitamin B3: 1.2mg (6%), Vitamin B5: 0.51mg (5.08%), Vitamin B12: 0.24µg (4.02%), Zinc: 0.56mg (3.71%), Vitamin D: 0.48µg (3.2%), Vitamin K: 1.26µg (1.2%)