



Banana Nutella Crepes

 Vegetarian

READY IN

ready

115 min.

SERVINGS

servings

8

CALORIES

calories

328 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 4 bananas
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons butter
- ☐ 3 tablespoons butter
- ☐ 1 small jar hazelnut spread (recommended: Nutella)
- ☐ 8 servings confectioners' sugar for serving
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose

- ☐ 2 bay leaves fresh
- ☐ 4 tablespoons hazelnuts peeled toasted chopped
- ☐ 2 juice of lemon juiced
- ☐ 1 cup raspberries fresh
- ☐ 1 pinch salt
- ☐ 0.3 cup tangerine juice
- ☐ 3 tablespoons butter unsalted
- ☐ 1 cup milk whole

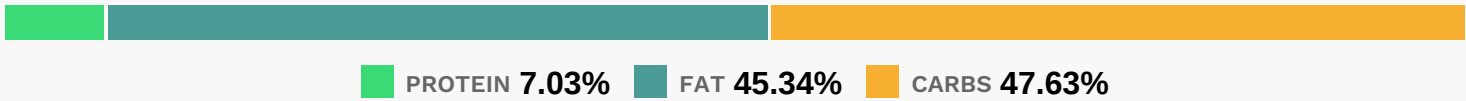
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ In a non-reactive bowl, whisk together the eggs and milk. In a separate bowl mix the flour and salt. In a small sauce pot or saute pan over low heat melt the butter and cook it until it is light brown.
- ☐ Add the egg and milk mix to the flour and salt and mix well so that there are no large clumps.
- ☐ Add the browned butter and mix to incorporate, being careful not to overwork batter. The batter should just coat the back of a spoon. If seems too thick, thin it out with a little more milk or water.
- ☐ Let the batter rest for 1 hour prior to cooking crepes.

Nutrition Facts



Properties

Glycemic Index:42.26, Glycemic Load:15.98, Inflammation Score:-5, Nutrition Score:10.7099999996683%

Flavonoids

Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.86mg, Catechin: 3.86mg, Catechin: 3.86mg, Catechin: 3.86mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg, Hesperetin: 2.41mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg 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: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 327.68kcal (16.38%), Fat: 17.08g (26.27%), Saturated Fat: 8.51g (53.19%), Carbohydrates: 40.37g (13.46%), Net Carbohydrates: 36.9g (13.42%), Sugar: 19.94g (22.16%), Cholesterol: 80.26mg (26.75%), Sodium: 92.87mg (4.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.96g (11.91%), Manganese: 0.69mg (34.41%), Vitamin C: 14.56mg (17.65%), Vitamin B6: 0.31mg (15.4%), Selenium: 10.68µg (15.26%), Folate: 57.45µg (14.36%), Vitamin B2: 0.24mg (14.12%), Fiber: 3.47g (13.87%), Vitamin B1: 0.21mg (13.8%), Phosphorus: 109.58mg (10.96%), Potassium: 375.21mg (10.72%), Vitamin A: 532.01IU (10.64%), Vitamin E: 1.45mg (9.65%), Magnesium: 37.57mg (9.39%), Copper: 0.18mg (9.16%), Iron: 1.49mg (8.29%), Vitamin B3: 1.56mg (7.8%), Vitamin B5: 0.7mg (7.03%), Calcium: 66.13mg (6.61%), Vitamin B12: 0.3µg (5%), Zinc: 0.69mg (4.61%), Vitamin D: 0.66µg (4.43%), Vitamin K: 3.33µg (3.17%)