



Banana-Raspberry CrĂapes

READY IN



85 min.

SERVINGS



25

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 tsp almond extract
- 3 bananas
- 0.5 tsp calumet baking powder
- 1 cup knudsen cream fat free sour
- 0.5 cup cholesterol-free egg product
- 2 cups milk fat-free
- 1.5 cups flour
- 2 Tbsp butter melted
- 10 oz raspberries frozen thawed

- 1 Tbsp sugar
- 1 cup cool whip lite whipped topping thawed

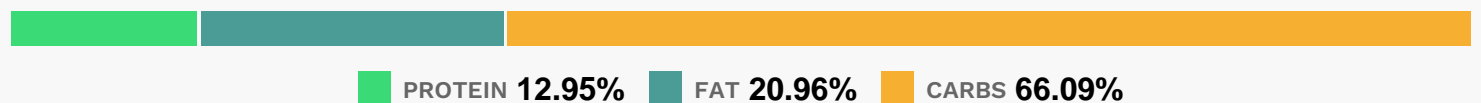
Equipment

- bowl
- frying pan
- whisk
- blender
- spatula

Directions

- Combine flour, sugar and baking powder in large bowl with whisk.
- Add milk, egg product and margarine; mix well.
- Let stand 30 min.
- Spray 6- to 8-inch skillet with cooking spray; heat on medium heat.
- Pour 1/4 cup batter into skillet; tilt skillet to evenly cover bottom with batter. Cook 1 to 2 min. or until bottom of crpe is lightly browned. Run spatula round edge of crpe to loosen from pan; turn crpe. Cook 1 min. or until bottom of crpe is lightly browned.
- Remove from skillet; set aside. Repeat with remaining batter to make a total of 16 crpes.
- Blend raspberries in blender until smooth; strain to remove seeds.
- Remove 3 Tbsp. raspberry pure; place in medium bowl.
- Add sour cream and extract; mix well. Gently stir in COOL WHIP.
- Slice bananas. Spoon about 2 Tbsp. COOL WHIP mixture onto center of each crpe. Top with bananas. Fold opposite sides of each crpe over filling.
- Serve topped with remaining raspberry pure.

Nutrition Facts



Properties

Glycemic Index:14.04, Glycemic Load:6.55, Inflammation Score:-2, Nutrition Score:3.9117391264957%

Flavonoids

Cyanidin: 5.19mg, Cyanidin: 5.19mg, Cyanidin: 5.19mg, Cyanidin: 5.19mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg, Epicatechin: 0.4mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 83.02kcal (4.15%), Fat: 1.97g (3.03%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 13.96g (4.65%), Net Carbohydrates: 12.65g (4.6%), Sugar: 4.49g (4.98%), Cholesterol: 19.56mg (6.52%), Sodium: 51.64mg (2.25%), Alcohol: 0.01g (100%), Alcohol %: 0.03% (100%), Protein: 2.74g (5.47%), Manganese: 0.17mg (8.37%), Selenium: 5.15µg (7.36%), Vitamin B2: 0.12mg (6.86%), Phosphorus: 58.51mg (5.85%), Folate: 22.73µg (5.68%), Vitamin B1: 0.08mg (5.61%), Calcium: 53.11mg (5.31%), Fiber: 1.31g (5.23%), Vitamin C: 4.21mg (5.1%), Vitamin B6: 0.08mg (4.18%), Potassium: 130.74mg (3.74%), Vitamin B3: 0.64mg (3.21%), Vitamin B12: 0.19µg (3.19%), Iron: 0.56mg (3.12%), Magnesium: 12.1mg (3.02%), Vitamin A: 144.77IU (2.9%), Vitamin B5: 0.26mg (2.63%), Zinc: 0.32mg (2.14%), Vitamin D: 0.31µg (2.09%), Copper: 0.04mg (1.89%), Vitamin E: 0.22mg (1.45%), Vitamin K: 1.09µg (1.04%)