



Berries and Cream Crepes

READY IN



10 min.

SERVINGS



4

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 cups poached berries frozen thawed ()
- 2 cups berries mixed fresh
- 4 crêpes
- 0.5 optional: lemon
- 2 teaspoons juice of lemon
- 2 tablespoons rum
- 0.5 cup cream sour
- 2 tablespoons sugar

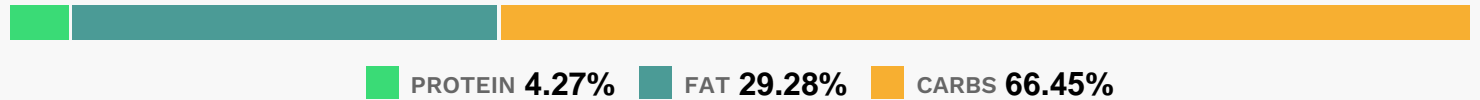
Equipment

- bowl
- sieve
- blender

Directions

- Watch how to make this recipe.
- In a bowl combine berries, sugar and a squirt of lemon. Toss to combine.
- Spread 2 tablespoons sour cream over crepe. Top with 1/4 of the berry mixture. Fold into quarters and serve with berry coulis. Repeat with remaining ingredients.
- In a blender, combine all ingredients. Process until smooth.
- Pour through a fine-meshed sieve to remove the seeds and refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:23.9, Glycemic Load:4.41, Inflammation Score:-5, Nutrition Score:5.8969566251921%

Flavonoids

Cyanidin: 6.76mg, Cyanidin: 6.76mg, Cyanidin: 6.76mg, Cyanidin: 6.76mg Petunidin: 28.15mg, Petunidin: 28.15mg, Petunidin: 28.15mg, Petunidin: 28.15mg Delphinidin: 33.46mg, Delphinidin: 33.46mg, Delphinidin: 33.46mg, Delphinidin: 33.46mg Malvidin: 76.96mg, Malvidin: 76.96mg, Malvidin: 76.96mg, Malvidin: 76.96mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg, Peonidin: 0.73mg Eriodictyol: 3.01mg, Eriodictyol: 3.01mg, Eriodictyol: 3.01mg, Eriodictyol: 3.01mg Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg, Hesperetin: 4.13mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 3.05mg, Luteolin: 3.05mg, Luteolin: 3.05mg, Luteolin: 3.05mg Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg, Kaempferol: 1.71mg Myricetin: 2.8mg, Myricetin: 2.8mg, Myricetin: 2.8mg, Myricetin: 2.8mg Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg, Quercetin: 7.36mg

Nutrients (% of daily need)

Calories: 237.62kcal (11.88%), Fat: 7.65g (11.77%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 39.07g (13.02%), Net Carbohydrates: 34.5g (12.54%), Sugar: 26.86g (29.84%), Cholesterol: 22.93mg (7.64%), Sodium: 90.37mg (3.93%), Alcohol: 1.95g (100%), Alcohol %: 1.09% (100%), Protein: 2.51g (5.02%), Vitamin K: 25.85µg (24.62%), Fiber: 4.57g (18.28%), Vitamin C: 12.26mg (14.86%), Manganese: 0.24mg (11.84%), Vitamin B2: 0.11mg (6.52%), Vitamin E: 0.88mg (5.85%), Vitamin B6: 0.12mg (5.76%), Calcium: 55.17mg (5.52%), Vitamin A: 253.53IU (5.07%), Vitamin B3: 0.86mg (4.3%), Phosphorus: 41.71mg (4.17%), Vitamin B1: 0.06mg (4.11%), Potassium: 143.21mg (4.09%), Folate: 14.56µg (3.64%), Copper: 0.07mg (3.26%), Vitamin B5: 0.32mg (3.19%), Iron: 0.57mg (3.17%), Magnesium: 12.08mg (3.02%), Selenium: 1.33µg (1.91%), Zinc: 0.22mg (1.44%), Vitamin B12: 0.06µg (1.01%)