



Blackberry-Cream Cheese Crepes

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



143 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 5 cups blackberries fresh divided
- ☐ 1 tablespoon brandy
- ☐ 2 teaspoons cornstarch
- ☐ 8 blender crepes
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon powdered sugar

- ☐ 1 tablespoon stick margarine
- ☐ 0.8 cup water divided

Equipment

- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Prepare Blender Crepes; set aside.
- ☐ Combine 1 cup blackberries and 1/2 cup water in a blender. Process about 1 minute or until smooth. Strain blackberry mixture through a sieve.
- ☐ Combine blackberry pure, 1/4 cup water, granulated sugar, lemon juice, brandy, cornstarch, and cinnamon in a small saucepan; bring to a boil. Cook 1 minute over medium heat, stirring constantly.
- ☐ Remove from heat; stir in butter.
- ☐ Spread 1 tablespoon cream cheese over each crepe, and top each with 2 teaspoons sauce and 1/4 cup blackberries. Fold each crepe in half, then in quarters. Spoon 2 tablespoons sauce on each of 8 dessert plates; top each with 1 crepe and 1/4 cup blackberries. Sift powdered sugar evenly over crepes.
- ☐ (Totals include Blender Crepes)

Nutrition Facts



Properties

Glycemic Index:14.39, Glycemic Load:6.79, Inflammation Score:-5, Nutrition Score:6.4417390731852%

Flavonoids

Cyanidin: 89.96mg, Cyanidin: 89.96mg, Cyanidin: 89.96mg, Cyanidin: 89.96mg Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg, Pelargonidin: 0.41mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 33.35mg, Catechin: 33.35mg, Catechin: 33.35mg, Catechin: 33.35mg Epigallocatechin: 0.09mg,

Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 4.19mg, Epicatechin: 4.19mg, Epicatechin: 4.19mg Epigallocatechin 3–gallate: 0.61mg, Epigallocatechin 3–gallate: 0.61mg, Epigallocatechin 3–gallate: 0.61mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 142.83kcal (7.14%), Fat: 2.96g (4.55%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 26.85g (8.95%), Net Carbohydrates: 22.04g (8.01%), Sugar: 16.98g (18.86%), Cholesterol: 5.96mg (1.99%), Sodium: 98.57mg (4.29%), Alcohol: 0.63g (100%), Alcohol %: 0.56% (100%), Protein: 2.27g (4.54%), Manganese: 0.59mg (29.67%), Vitamin C: 19.63mg (23.8%), Fiber: 4.81g (19.25%), Vitamin K: 17.84µg (16.99%), Copper: 0.15mg (7.69%), Vitamin E: 1.11mg (7.43%), Folate: 22.9µg (5.72%), Vitamin A: 259.01IU (5.18%), Magnesium: 18.44mg (4.61%), Potassium: 149mg (4.26%), Iron: 0.75mg (4.18%), Calcium: 38.09mg (3.81%), Zinc: 0.48mg (3.22%), Vitamin B3: 0.58mg (2.92%), Vitamin B5: 0.25mg (2.53%), Phosphorus: 20.56mg (2.06%), Vitamin B2: 0.03mg (1.54%), Vitamin B6: 0.03mg (1.41%), Vitamin B1: 0.02mg (1.25%)