



Brandied Cherry Crepes

READY IN



10 min.

SERVINGS



6

CALORIES



367 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 4 tablespoons butter cold
- ☐ 21 ounce cherry pie filling canned (recommended: Comstock More Fruit)
- ☐ 6 servings chocolate syrup for garnish
- ☐ 6 crêpes store-bought (recommended: Frieda's)
- ☐ 0.3 cup kirsch liqueur (cherry brandy)
- ☐ 6 servings mint sprigs fresh for garnish

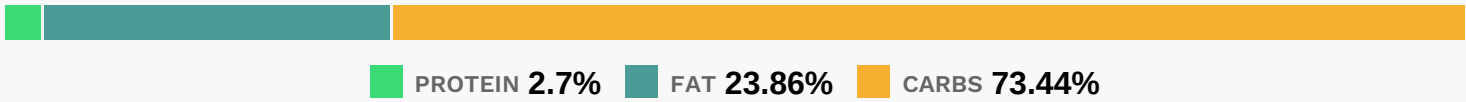
Equipment

- ☐ sauce pan

Directions

- ☐ In a medium saucepan, combine pie filling and brandy. Bring to a simmer over medium heat. Stir in butter 1 piece at a time until melted.
- ☐ Remove from heat. Set aside 6 cherries, for garnish.
- ☐ Divide the filling among the 6 crepes and roll or fold crepes. Top with a drizzle of chocolate syrup and garnish with a sprig of mint and reserved cherries.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:4.0899999608164%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg

Nutrients (% of daily need)

Calories: 367.4kcal (18.37%), Fat: 9.09g (13.99%), Saturated Fat: 5.52g (34.51%), Carbohydrates: 62.98g (20.99%), Net Carbohydrates: 61.26g (22.28%), Sugar: 23.84g (26.49%), Cholesterol: 26.03mg (8.68%), Sodium: 186.04mg (8.09%), Alcohol: 3.34g (100%), Alcohol %: 2.44% (100%), Protein: 2.32g (4.64%), Copper: 0.29mg (14.48%), Manganese: 0.2mg (9.81%), Vitamin A: 479.13IU (9.58%), Magnesium: 33.93mg (8.48%), Iron: 1.32mg (7.33%), Phosphorus: 69.85mg (6.99%), Fiber: 1.72g (6.86%), Potassium: 201.91mg (5.77%), Vitamin C: 3.97mg (4.81%), Calcium: 31.12mg (3.11%), Vitamin B2: 0.04mg (2.48%), Zinc: 0.37mg (2.43%), Vitamin B6: 0.04mg (2.04%), Vitamin B1: 0.03mg (2.02%), Folate: 6.19µg (1.55%), Selenium: 1.05µg (1.5%), Vitamin E: 0.22mg (1.5%), Vitamin B3: 0.29mg (1.45%)