



Breakfast Wraps

READY IN



45 min.

SERVINGS



6

CALORIES



600 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups strawberries sliced ()
- ☐ 0.5 cup sugar
- ☐ 1.5 cups flour all-purpose
- ☐ 1 tablespoon sugar
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon salt
- ☐ 2 cups milk
- ☐ 2 tablespoons butter melted
- ☐ 1 teaspoon lime zest shredded finely

- ☐ 2 tablespoons juice of lime
- ☐ 2 eggs
- ☐ 0.7 cup whipping cream
- ☐ 8 oz cream cheese softened
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon lime zest shredded finely

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ In medium bowl, toss strawberries and 1/2 cup sugar; let stand at room temperature at least 20 minutes. Meanwhile, in separate medium bowl, mix flour, 1 tablespoon sugar, the baking powder and salt. Stir in milk, butter, 1 teaspoon lime peel, the lime juice and eggs. Beat with hand beater until smooth.
- ☐ Lightly grease 6- to 8-inch skillet with butter.
- ☐ Heat over medium heat until bubbly.
- ☐ Pour batter by slightly less than 1/4 cupfuls into skillet. Immediately rotate skillet until thin layer of batter covers bottom. Cook until light golden brown. Run wide spatula around edge to loosen; turn and cook other side until light brown. Repeat with remaining batter, greasing skillet as needed. Stack wraps, placing waxed paper between each; cool completely.
- ☐ Meanwhile, in chilled small bowl, beat whipping cream with electric mixer on high speed until stiff; set aside. In medium bowl, beat cream cheese on high speed until fluffy; stir in 1/2 cup sugar and 1 tablespoon lime peel. Gently stir in whipped cream.
- ☐ Spoon about 2 tablespoons of the filling down center of each wrap; fold sides over filling. To serve, place 2 wraps on each of 6 plates. Spoon strawberries over wraps.

Nutrition Facts



Properties

Glycemic Index:91.05, Glycemic Load:45.68, Inflammation Score:-8, Nutrition Score:15.950869736464%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 600.19kcal (30.01%), Fat: 30.94g (47.61%), Saturated Fat: 16.53g (103.31%), Carbohydrates: 72.01g (24%), Net Carbohydrates: 69.66g (25.33%), Sugar: 45.13g (50.15%), Cholesterol: 132.38mg (44.13%), Sodium: 452.52mg (19.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.37g (22.75%), Vitamin C: 44.39mg (53.81%), Selenium: 21.2µg (30.28%), Vitamin B2: 0.5mg (29.15%), Vitamin A: 1286.07IU (25.72%), Manganese: 0.51mg (25.29%), Phosphorus: 227.32mg (22.73%), Vitamin B1: 0.33mg (22.01%), Folate: 86.47µg (21.62%), Calcium: 201.18mg (20.12%), Iron: 2.14mg (11.88%), Vitamin B12: 0.7µg (11.66%), Vitamin B3: 2.28mg (11.41%), Vitamin D: 1.61µg (10.74%), Potassium: 370.84mg (10.6%), Vitamin B5: 1.05mg (10.51%), Fiber: 2.34g (9.37%), Magnesium: 33.72mg (8.43%), Vitamin B6: 0.16mg (7.77%), Vitamin E: 1.15mg (7.66%), Zinc: 1.1mg (7.36%), Copper: 0.11mg (5.28%), Vitamin K: 3.64µg (3.47%)