



Cardamom Cream Crepes

READY IN



40 min.

SERVINGS



8

CALORIES



381 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.5 cups flour all-purpose
- 1 tablespoon granulated sugar
- 0.5 teaspoon double-acting baking powder
- 0.5 teaspoon salt
- 2 cups milk
- 2 tablespoons butter melted
- 0.5 teaspoon vanilla
- 2 eggs
- 0.8 cup whipping cream

- 0.3 cup brown sugar packed
- 0.3 teaspoon ground cardamom
- 0.3 cup cream sour
- 16 oz roasted cranberry sauce whole

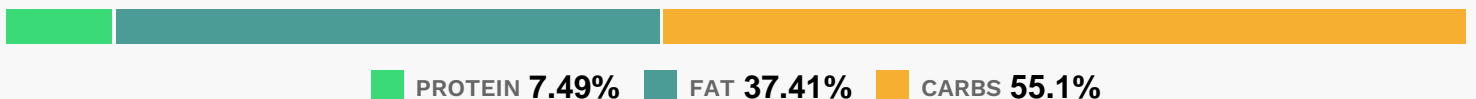
Equipment

- bowl
- frying pan
- whisk
- hand mixer
- spatula

Directions

- In medium bowl, mix flour, granulated sugar, baking powder and salt. Stir in remaining crepe ingredients. Beat with wire whisk or hand beater until smooth.
- Lightly butter 6-inch skillet; heat over medium heat until bubbly. For each crepe, pour slightly less than 1/4 cup batter into skillet; immediately rotate skillet until batter covers bottom. Cook until light brown. Run wide spatula around edge to loosen; turn and cook other side until light brown. Stack crepes, placing waxed paper between each; keep covered.
- In chilled small bowl, beat whipping cream, brown sugar and cardamom with electric mixer on high speed about 2 minutes or just until soft peaks form. Fold in sour cream.
- Spoon about 2 tablespoons cream mixture onto each crepe; roll up.
- Place 2 crepes, seam sides down, on each plate. Top with a dollop of cream mixture and lingonberries.

Nutrition Facts



Properties

Glycemic Index:35.01, Glycemic Load:15.13, Inflammation Score:-5, Nutrition Score:8.5021739265193%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 380.74kcal (19.04%), Fat: 16.05g (24.7%), Saturated Fat: 8.2g (51.27%), Carbohydrates: 53.21g (17.74%), Net Carbohydrates: 51.94g (18.89%), Sugar: 30.24g (33.6%), Cholesterol: 79.11mg (26.37%), Sodium: 257.92mg (11.21%), Alcohol: 0.09g (100%), Alcohol %: 0.06% (100%), Protein: 7.23g (14.46%), Selenium: 13.82µg (19.75%), Vitamin B2: 0.32mg (18.95%), Vitamin B1: 0.24mg (15.86%), Vitamin A: 694.93IU (13.9%), Phosphorus: 137.88mg (13.79%), Calcium: 132.63mg (13.26%), Folate: 50.2µg (12.55%), Manganese: 0.22mg (11.18%), Iron: 1.63mg (9.05%), Vitamin D: 1.25µg (8.32%), Vitamin B12: 0.49µg (8.11%), Vitamin B3: 1.55mg (7.73%), Vitamin E: 1.04mg (6.92%), Vitamin B5: 0.6mg (6%), Potassium: 192.6mg (5.5%), Fiber: 1.27g (5.1%), Magnesium: 18.42mg (4.6%), Vitamin B6: 0.09mg (4.46%), Zinc: 0.67mg (4.44%), Copper: 0.07mg (3.25%), Vitamin K: 1.94µg (1.85%)