



Challenge: Chocolate Crepe with Tangerine Dried Red Chili Sauce

 Vegetarian

READY IN



25 min.

SERVINGS



14

CALORIES



311 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1 teaspoon cayenne
- 2 teaspoons cayenne pepper
- 10 ounces chocolate spread (recommended: Nutella)
- 5 bing cherries seeds removed and chopped
- 2 large eggs
- 1 cup flour all-purpose
- 1 cup heavy cream

- 1 cup brown sugar light
- 3 ounces butter light melted
- 0.5 cup milk
- 1 teaspoon salt
- 1 tangerine juiced
- 0.3 cup water cold
- 0.5 cup water
- 1.5 cups trail mix roughly chopped
- 1.5 cups trail mix roughly chopped

Equipment

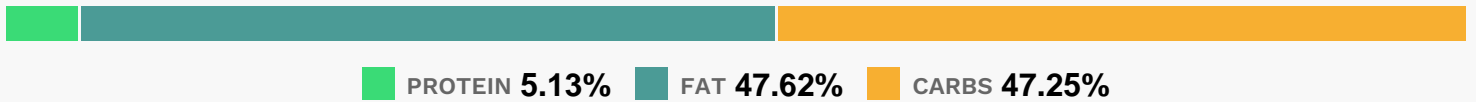
- bowl
- frying pan
- whisk
- pot
- plastic wrap

Directions

- To make the crepe: In a medium bowl, mix all wet ingredients.
- Add the flour and whisk to combine. Stir in the melted butter and set aside.
- In a large nonstick skillet over medium heat, add 1/3 cup of the batter into the center of the skillet. Swirl the pan so the batter covers the surface of the pan, evenly and thinly. Cook until golden, then flip. Cook a few more seconds, then remove to a plate. Repeat with the remaining batter.
- Let cool and cover with plastic wrap until ready to use.
- Combine all ingredients in a small bowl and set aside.
- To make the sauce: In a small pot over medium heat, combine the sugar and water and bring to a simmer.
- Remove from heat and whisk in the cream until blended. Stir in the tangerine juice and cayenne and bring to a boil.

- Remove from heat and set aside.
- Lay each crepe out on a work surface and spread 1 line of chocolate spread mixture down the center.
- Roll up each crepe to enclose the filling.
- Sprinkle some of the trail mix on a plate, lay 1 crepe on top and pour about 2 tablespoons sauce over each crepe. Repeat with remaining crepes and filling.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17.74, Glycemic Load:8.81, Inflammation Score:-5, Nutrition Score:6.1026086703591%

Flavonoids

Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg

Nutrients (% of daily need)

Calories: 310.75kcal (15.54%), Fat: 16.64g (25.6%), Saturated Fat: 12.16g (76.01%), Carbohydrates: 37.15g (12.38%), Net Carbohydrates: 35.55g (12.93%), Sugar: 28.04g (31.15%), Cholesterol: 53.27mg (17.76%), Sodium: 200.16mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.07%), Manganese: 0.26mg (13.03%), Vitamin A: 640.16IU (12.8%), Selenium: 6.92µg (9.88%), Vitamin E: 1.48mg (9.88%), Vitamin B2: 0.17mg (9.74%), Iron: 1.67mg (9.28%), Phosphorus: 78.43mg (7.84%), Vitamin B1: 0.1mg (6.94%), Calcium: 68.87mg (6.89%), Copper: 0.13mg (6.44%), Fiber: 1.6g (6.39%), Folate: 24.89µg (6.22%), Magnesium: 21.27mg (5.32%), Potassium: 175.36mg (5.01%), Vitamin D: 0.57µg (3.81%), Vitamin B3: 0.72mg (3.59%), Vitamin B12: 0.2µg (3.34%), Vitamin B6: 0.07mg (3.32%), Vitamin B5: 0.33mg (3.31%), Zinc: 0.48mg (3.22%), Vitamin C: 2.11mg (2.55%), Vitamin K: 1.64µg (1.56%)