



Chocolate-Banana Filled Crepes

 Vegetarian

READY IN



25 min.

SERVINGS



18

CALORIES



80 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 5 bananas sliced
- 1 tablespoon butter melted
- 1 jar hazelnut chocolate spread
- 1 eggs
- 1 egg yolk
- 1 cup flour all-purpose
- 1.5 cups milk
- 1 pinch salt

- 0.5 teaspoon vanilla extract
- 1 can whipping cream

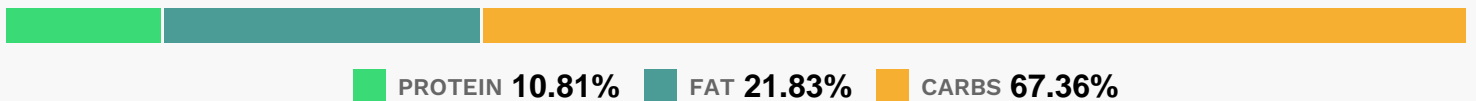
Equipment

- bowl
- frying pan

Directions

- Sift the flour with the salt into a bowl. Make a well in the center and add the egg and egg yolk.
- Pour in the milk, slowly, stirring constantly and, when half is added, stir in the melted butter and vanilla. Beat well until smooth.
- Add the remaining milk, cover and let stand at room temperature for at least 20 minutes before using. The batter should be the consistency of light cream.
- Heat a well greased 6-inch skillet.
- Add 1/4 cup batter. Tip skillet from side to side until batter covers bottom. Cook until the bottom is golden brown, turn and remove to a plate. Repeat with remaining batter.
- Spread a thin layer of chocolate hazelnut spread onto crepe and place banana slices down the center.
- Roll or fold crepe. Just before serving top with whipped cream.

Nutrition Facts



Properties

Glycemic Index:13.73, Glycemic Load:7.83, Inflammation Score:-2, Nutrition Score:3.4934782411741%

Flavonoids

Catechin: 2mg, Catechin: 2mg, Catechin: 2mg, Catechin: 2mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 79.75kcal (3.99%), Fat: 1.99g (3.06%), Saturated Fat: 1.03g (6.41%), Carbohydrates: 13.83g (4.61%), Net Carbohydrates: 12.78g (4.65%), Sugar: 5.06g (5.62%), Cholesterol: 24.07mg (8.02%), Sodium: 19.35mg (0.84%), Alcohol: 0.04g (100%), Alcohol %: 0.08% (100%), Protein: 2.22g (4.44%), Vitamin B6: 0.14mg (7.18%), Manganese: 0.14mg (6.93%), Selenium: 4.39µg (6.27%), Vitamin B2: 0.1mg (6.08%), Folate: 21.91µg (5.48%), Vitamin B1: 0.08mg (5.26%), Potassium: 160.37mg (4.58%), Phosphorus: 44.3mg (4.43%), Fiber: 1.04g (4.17%), Vitamin C: 2.85mg (3.46%), Magnesium: 13.23mg (3.31%), Vitamin B3: 0.65mg (3.26%), Calcium: 30.65mg (3.06%), Vitamin B5: 0.28mg (2.84%), Iron: 0.48mg (2.67%), Vitamin B12: 0.15µg (2.54%), Vitamin D: 0.33µg (2.18%), Vitamin A: 101.79IU (2.04%), Copper: 0.04mg (1.93%), Zinc: 0.24mg (1.58%)