



Chocolate-Hazelnut Soufflé Crêpes

READY IN



45 min.

SERVINGS



6

CALORIES



445 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.3 teaspoon cream of tartar
- ☐ 6 soufflé crêpes (8 in.)
- ☐ 4 large egg whites
- ☐ 3 tablespoons granulated sugar
- ☐ 3 tablespoons hazelnut-flavor liqueur such as frangelico
- ☐ 0.5 cup hazelnuts
- ☐ 6 servings powdered sugar
- ☐ 6 ounces bittersweet chocolate chopped
- ☐ 0.8 cup whipping cream

Equipment

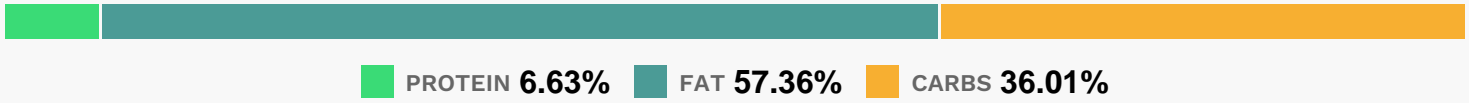
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ ramekin
- ☐ microwave
- ☐ spatula

Directions

- ☐ In a 350 regular or convection oven, bake nuts in an 8- or 9-inch-wide pan until lightly browned under skin, about 15 minutes.
- ☐ Pour onto a towel; fold towel to enclose nuts and rub packet between your hands to remove as much brown nut skin as possible.
- ☐ Let cool. Lift nuts from towel, leaving skins behind. Whirl nuts in a food processor or blender with liqueur until a smooth paste forms; scrape container sides as needed.
- ☐ In a 1- to 2-quart pan over high heat, stir whipping cream until boiling.
- ☐ Remove from heat; add chocolate and stir until sauce is smooth. Measure 1/4 cup chocolate sauce into a microwave-safe bowl; set aside for garnish.
- ☐ Add hazelnut-liqueur paste to chocolate sauce in pan, nest in ice water, and stir until well mixed. Stir often until mixture cools to room temperature, 3 to 4 minutes.
- ☐ In a deep bowl with mixer on high speed, beat egg whites and cream of tartar until they form a thick foam. Continue to beat, gradually adding granulated sugar and until whites hold distinct peaks.
- ☐ Stir about 1/4 of the whipped whites into the chocolate-hazelnut mixture. Scrape chocolate-hazelnut mixture into bowl with remaining whites and fold gently until blended.
- ☐ Lay crpes on a counter, pale sides up and slightly apart. Mound equal portions of chocolate-hazelnut mixture in the center of crpes and quickly fold all crpe sides over filling to enclose, making packets 3 to 3 1/2 inches square.

- ☐
- Lay packets seam side down.
- ☐
- Butter 6 shallow ramekins (5- to 6-in.-wide rounds or 4- by 6-in. ovals) and lay 1 filled crpe, seam down, in each dish. Or arrange crpes slightly apart in a buttered 10- by 15-inch pan.
- ☐
- Bake in 400 regular oven or 375 convection oven until centers barely jiggle when lightly touched, 10 to 15 minutes. If reserved chocolate sauce in bowl has solidified, warm in a microwave oven on full power (100%) for about 1/2 minute, stirring once or twice.
- ☐
- Serve dessert in ramekins or use a wide spatula to transfer to plates. Sift powdered sugar over crpes. Top with ice cream and chocolate sauce.

Nutrition Facts



Properties

Glycemic Index:14.18, Glycemic Load:4.29, Inflammation Score:-5, Nutrition Score:9.9039130832838%

Flavonoids

Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg, Cyanidin: 0.67mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

Nutrients (% of daily need)

Calories: 445.05kcal (22.25%), Fat: 28.73g (44.2%), Saturated Fat: 14.03g (87.69%), Carbohydrates: 40.58g (13.53%), Net Carbohydrates: 37.34g (13.58%), Sugar: 29.65g (32.95%), Cholesterol: 41.28mg (13.76%), Sodium: 126.62mg (5.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 24.38mg (8.13%), Protein: 7.47g (14.94%), Manganese: 1mg (49.83%), Copper: 0.54mg (26.77%), Magnesium: 70.7mg (17.68%), Iron: 2.5mg (13.9%), Fiber: 3.24g (12.95%), Vitamin E: 1.94mg (12.94%), Phosphorus: 123.27mg (12.33%), Selenium: 8µg (11.43%), Vitamin B2: 0.18mg (10.61%), Vitamin A: 453.5IU (9.07%), Potassium: 313.77mg (8.96%), Zinc: 1.08mg (7.17%), Calcium: 60.24mg (6.02%), Vitamin B1: 0.08mg (5.35%), Vitamin K: 4.41µg (4.2%), Vitamin B6: 0.08mg (3.87%), Folate: 13.37µg (3.34%), Vitamin D: 0.48µg (3.17%), Vitamin B5: 0.29mg (2.95%), Vitamin B3: 0.46mg (2.3%), Vitamin B12: 0.12µg (1.97%)