



## Chocolate-Strawberry Crepes

 Vegetarian

READY IN



30 min.

SERVINGS



9

CALORIES



475 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- ☐ 0.8 cup chocolate-hazelnut spread such as nutella
- ☐ 4 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 cup mascarpone cheese at room temperature
- ☐ 1 cup milk at room temperature
- ☐ 0.1 teaspoon sea salt fine
- ☐ 1 cup strawberry jam
- ☐ 2 tablespoons sugar

- ☐ 3 tablespoons butter unsalted cut into 12 cubes
- ☐ 0.3 cup cocoa powder unsweetened

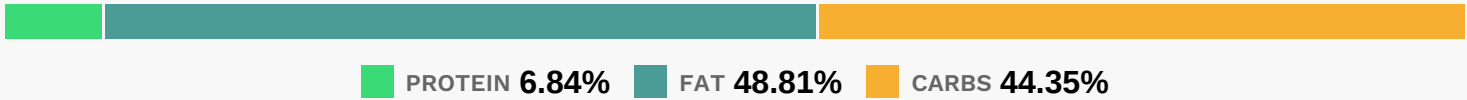
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ blender
- ☐ spatula

## Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the eggs, milk, flour, cocoa powder, sugar and salt in a blender or bowl. Blend or whisk by hand until the mixture forms a smooth batter.
- ☐ Preheat a 10-inch nonstick crepe pan or skillet over medium-low heat. Melt 1 cube of butter in the pan.
- ☐ Add 1/4 cup of batter and quickly tilt the pan to form an even coating of batter on the bottom of the pan. Cook until set, about 1 minute. Using a heat-resistant spatula, carefully loosen the sides and gently flip the crepe over. Cook for 1 minute. Repeat with the remaining batter and butter.
- ☐ Mix the jam and mascarpone in a small bowl until smooth.
- ☐ Spread each crepe with 3 tablespoons of the jam mixture leaving a 1/2-inch border. Fold the two opposite ends of each crepe inward and roll into a tube shape. Repeat with the remaining ingredients. Arrange the crepes on a platter.
- ☐ Heat the chocolate-hazelnut spread over low heat in a small saucepan, stirring constantly, until warm. Spoon over the crepes and serve.

## Nutrition Facts



## Properties

Glycemic Index:29.71, Glycemic Load:24.44, Inflammation Score:-5, Nutrition Score:8.9847827372344%

Flavonoids

Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 474.77kcal (23.74%), Fat: 25.87g (39.8%), Saturated Fat: 17.9g (111.9%), Carbohydrates: 52.9g (17.63%), Net Carbohydrates: 50.06g (18.2%), Sugar: 35.93g (39.93%), Cholesterol: 120.95mg (40.32%), Sodium: 111.43mg (4.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 7.24mg (2.41%), Protein: 8.16g (16.31%), Manganese: 0.38mg (18.94%), Selenium: 11.75µg (16.79%), Vitamin B2: 0.25mg (14.84%), Phosphorus: 142.71mg (14.27%), Copper: 0.27mg (13.64%), Iron: 2.33mg (12.92%), Vitamin A: 631.29IU (12.63%), Calcium: 120.61mg (12.06%), Fiber: 2.84g (11.35%), Vitamin E: 1.65mg (10.98%), Magnesium: 36.97mg (9.24%), Folate: 31.71µg (7.93%), Vitamin B1: 0.11mg (7.2%), Potassium: 247.09mg (7.06%), Vitamin B12: 0.42µg (6.99%), Zinc: 0.9mg (6.01%), Vitamin B5: 0.58mg (5.8%), Vitamin D: 0.81µg (5.42%), Vitamin B6: 0.09mg (4.42%), Vitamin C: 3.32mg (4.03%), Vitamin B3: 0.63mg (3.15%)