



## Chocolate Strawberry Crepes with Caramel Sauce

READY IN



6 min.

SERVINGS



6

CALORIES



282 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 6 servings mrs richardson's butterscotch caramel sauce (recommended: Smucker's)
- 6 tablespoons nutella (recommended: Nutella)
- 6 style crepes french (recommended: Frieda's)
- 2 tablespoons orange liqueur (recommended: Grand Marnier)
- 1.5 cups strawberries fresh sliced
- 1 tablespoon sugar
- 6 tablespoons non-dairy whipped topping (recommended: Cool Whip)

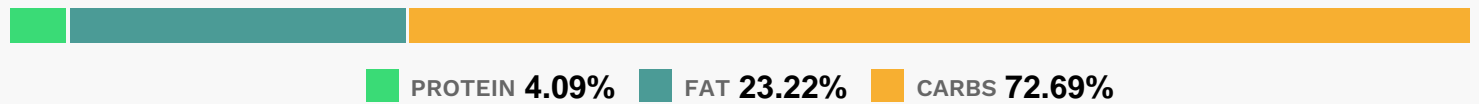
# Equipment

bowl

# Directions

- In a medium bowl, macerate strawberries, sugar, and orange liqueur for 30 to 60 seconds.
- Lay 1 crepe flat on serving plate and lightly spread 1 tablespoon chocolate spread, 1 tablespoon whipped topping, and 1/4 cup strawberry mixture.
- Roll crepe or fold in quarters.
- Drizzle with caramel sauce.
- Serve immediately with a dusting of cocoa powder.

# Nutrition Facts



# Properties

Glycemic Index:23.24, Glycemic Load:5.31, Inflammation Score:-2, Nutrition Score:4.7130434616752%

# Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

# Nutrients (% of daily need)

Calories: 281.79kcal (14.09%), Fat: 7.21g (11.09%), Saturated Fat: 6.27g (39.19%), Carbohydrates: 50.78g (16.93%), Net Carbohydrates: 49.06g (17.84%), Sugar: 43.19g (47.99%), Cholesterol: 6.05mg (2.02%), Sodium: 226.96mg

(9.87%), Alcohol: 1.3g (100%), Alcohol %: 1.37% (100%), Protein: 2.86g (5.72%), Vitamin C: 21.37mg (25.9%), Manganese: 0.32mg (16.02%), Vitamin E: 1.06mg (7.1%), Fiber: 1.72g (6.88%), Iron: 1.15mg (6.37%), Calcium: 58.54mg (5.85%), Phosphorus: 55.99mg (5.6%), Copper: 0.11mg (5.33%), Magnesium: 18.99mg (4.75%), Potassium: 162.86mg (4.65%), Folate: 12.16µg (3.04%), Vitamin B2: 0.04mg (2.61%), Vitamin B12: 0.13µg (2.18%), Selenium: 1.47µg (2.09%), Vitamin B5: 0.17mg (1.74%), Vitamin B1: 0.03mg (1.7%), Zinc: 0.25mg (1.68%), Vitamin B6: 0.03mg (1.65%), Vitamin K: 1.29µg (1.23%), Vitamin B3: 0.23mg (1.15%)