



Cinnamon Crepes with Peaches and Cream Cheese

READY IN



45 min.

SERVINGS



6

CALORIES



212 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 2 tablespoons almonds toasted sliced
- ☐ 1 teaspoon amaretto (almond-flavored liqueur)
- ☐ 6 cinnamon crepes
- ☐ 1 cup curd cottage cheese fat-free
- ☐ 1 teaspoon granulated sugar
- ☐ 2 teaspoons juice of lemon fresh divided
- ☐ 1 pound peaches peeled sliced
- ☐ 1 cup powdered sugar

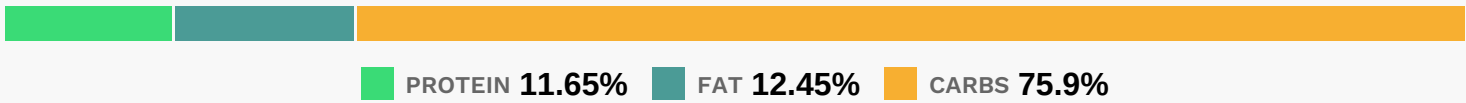
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Combine powdered sugar, cheeses, and 1 1/2 teaspoons juice in a food processor; process until smooth. Spoon mixture into a bowl; cover and chill 1 hour.
- ☐ Combine remaining 1/2 teaspoon juice, peaches, granulated sugar, and amaretto in a bowl; toss gently.
- ☐ Let stand 15 minutes; toss gently.
- ☐ Place one crepe on each of 6 plates. Spoon 1/2 cup cheese mixture in the center of each crepe; roll up. Top each with 1/2 cup peach mixture; sprinkle with 1 teaspoon almonds.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:20.06, Glycemic Load:3.11, Inflammation Score:-3, Nutrition Score:4.5226086533588%

Flavonoids

Cyanidin: 1.53mg, Cyanidin: 1.53mg, Cyanidin: 1.53mg, Cyanidin: 1.53mg Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg, Catechin: 3.76mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg, Epicatechin: 1.79mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 212.45kcal (10.62%), Fat: 2.98g (4.58%), Saturated Fat: 0.7g (4.4%), Carbohydrates: 40.87g (13.62%), Net Carbohydrates: 39.32g (14.3%), Sugar: 31.7g (35.22%), Cholesterol: 8.6mg (2.87%), Sodium: 229.42mg (9.97%),

Alcohol: 0.22g (100%), Alcohol %: 0.18% (100%), Protein: 6.27g (12.55%), Phosphorus: 104.42mg (10.44%), Vitamin E: 1.41mg (9.41%), Vitamin B2: 0.15mg (8.87%), Selenium: 5.39µg (7.7%), Manganese: 0.13mg (6.59%), Fiber: 1.56g (6.22%), Calcium: 54.64mg (5.46%), Copper: 0.11mg (5.33%), Vitamin A: 249.6IU (4.99%), Potassium: 170.65mg (4.88%), Magnesium: 19.32mg (4.83%), Vitamin C: 3.74mg (4.54%), Vitamin B3: 0.79mg (3.93%), Iron: 0.63mg (3.51%), Zinc: 0.46mg (3.05%), Vitamin B5: 0.3mg (3.01%), Vitamin B12: 0.17µg (2.89%), Folate: 9.73µg (2.43%), Vitamin B1: 0.03mg (2.27%), Vitamin K: 2.27µg (2.16%), Vitamin B6: 0.03mg (1.51%)