



Cocoa Crepes with Mascarpone and Blackberries

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



487 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 pints blackberries
- ☐ 3 tablespoons cocoa powder
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 2 cups mascarpone cheese
- ☐ 0.3 cup sugar

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- ☐ 1 tablespoon butter unsalted melted
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup milk whole

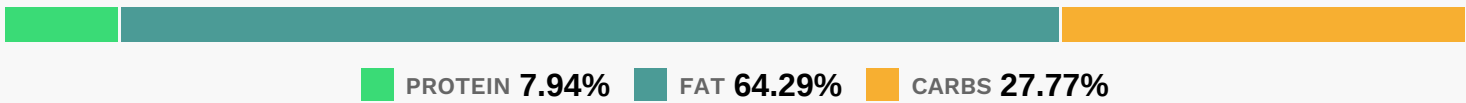
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ sieve
- ☐ blender
- ☐ spatula

Directions

- ☐ Combine all ingredients in a blender and process until smooth. Strain mixture through a fine-mesh sieve and let rest in refrigerator for one hour or up to two days.
- ☐ Over high heat, warm a non-stick sauté pan or crepe pan, lightly coated with non-stick cooking spray, until very hot. Reduce heat to medium, ladle about 1 ounce of batter into pan, swirling batter until it evenly coats base of pan. Similar to a pancake, cook the crepe until small bubbles appear and batter is matte in color. Gently flip the crepe and cook for about 5 more seconds. Invert pan over a plate or parchment-lined tray, lay crepe flat to cool, and repeat until with remaining batter.
- ☐ For the Mascarpone-Blackberry Filling: In a large bowl, stir mascarpone, cream, and sugar together with a rubber spatula until smooth.
- ☐ Dollop about 2-3 tablespoons of filling in the center of each crepe, top with 5-6 blackberries, and gently fold crepe in half twice. Scatter remaining blackberries over folded crepes.

Nutrition Facts



Properties

Glycemic Index:34.77, Glycemic Load:16.69, Inflammation Score:-8, Nutrition Score:12.33826100308%

Flavonoids

Cyanidin: 88.68mg, Cyanidin: 88.68mg, Cyanidin: 88.68mg, Cyanidin: 88.68mg Pelargonidin: 0.4mg, Pelargonidin: 0.4mg, Pelargonidin: 0.4mg, Pelargonidin: 0.4mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 34.1mg, Catechin: 34.1mg, Catechin: 34.1mg, Catechin: 34.1mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 7.82mg, Epicatechin: 7.82mg, Epicatechin: 7.82mg, Epicatechin: 7.82mg Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg, Epigallocatechin 3-gallate: 0.6mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg, Quercetin: 3.36mg

Nutrients (% of daily need)

Calories: 487.07kcal (24.35%), Fat: 35.11g (54.02%), Saturated Fat: 21.21g (132.57%), Carbohydrates: 34.13g (11.38%), Net Carbohydrates: 28.42g (10.33%), Sugar: 18.88g (20.98%), Cholesterol: 126.98mg (42.33%), Sodium: 66.17mg (2.88%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Caffeine: 4.31mg (1.44%), Protein: 9.76g (19.52%), Manganese: 0.73mg (36.58%), Vitamin A: 1356.67IU (27.13%), Fiber: 5.71g (22.85%), Vitamin C: 18.72mg (22.69%), Vitamin K: 18.38µg (17.5%), Calcium: 163.57mg (16.36%), Selenium: 9.55µg (13.64%), Vitamin B2: 0.22mg (12.71%), Folate: 50.75µg (12.69%), Copper: 0.25mg (12.34%), Phosphorus: 110.57mg (11.06%), Vitamin E: 1.37mg (9.14%), Vitamin B1: 0.14mg (9.09%), Magnesium: 35.97mg (8.99%), Iron: 1.6mg (8.86%), Potassium: 263.31mg (7.52%), Vitamin B3: 1.36mg (6.8%), Zinc: 1.01mg (6.7%), Vitamin B5: 0.65mg (6.46%), Vitamin D: 0.85µg (5.66%), Vitamin B12: 0.3µg (5.05%), Vitamin B6: 0.08mg (3.96%)