



Cocoa Crepes with Strawberry-Banana Filling

READY IN



35 min.

SERVINGS



4

CALORIES



354 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 1.3 cups chocolate milk fat-free (skim)
- 0.5 cup eggs fat-free
- 1 cup flour all-purpose
- 1 cup strawberry yogurt fat free 99% yoplait® (from 2-lb container)
- 1 medium banana sliced
- 8 strawberries sliced
- 1 tablespoons powdered sugar
- 2 tablespoons chocolate syrup

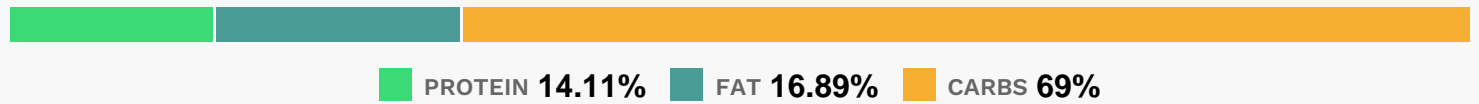
Equipment

- bowl
- frying pan

Directions

- In medium bowl, mix milk, egg product and flour until smooth.
- Spray 8- or 10-inch nonstick skillet with cooking spray; heat over medium heat. For each crepe, pour 1/4 cup batter into skillet, and quickly rotate skillet to coat bottom with batter, forming a thin layer. Cook about 2 minutes or until edge is set; turn and cook other side about 30 seconds. Repeat with remaining batter, making 7 more crepes. Stack crepes on plate to keep warm.
- To serve, spoon about 2 tablespoons yogurt down center of each crepe. Top with one-eighth of the banana slices; roll up.
- Place 2 filled crepes on each plate. Top with strawberries, sprinkle with powdered sugar and drizzle with chocolate syrup.

Nutrition Facts



Properties

Glycemic Index:51.19, Glycemic Load:23.66, Inflammation Score:-5, Nutrition Score:14.331739088763%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

0.28mg, Quercetin: 0.28mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 354.12kcal (17.71%), Fat: 6.68g (10.27%), Saturated Fat: 3.03g (18.97%), Carbohydrates: 61.38g (20.46%), Net Carbohydrates: 58.22g (21.17%), Sugar: 29.88g (33.2%), Cholesterol: 127.88mg (42.63%), Sodium: 132.1mg (5.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.55g (25.1%), Vitamin B2: 0.56mg (33.07%), Selenium: 21.95µg (31.35%), Manganese: 0.49mg (24.62%), Phosphorus: 245.72mg (24.57%), Folate: 87.23µg (21.81%), Vitamin C: 17.4mg (21.09%), Vitamin B1: 0.3mg (20.14%), Calcium: 182.08mg (18.21%), Iron: 2.64mg (14.64%), Vitamin B12: 0.85µg (14.11%), Potassium: 479.01mg (13.69%), Fiber: 3.16g (12.64%), Vitamin B3: 2.29mg (11.43%), Vitamin B6: 0.22mg (10.84%), Vitamin D: 1.62µg (10.82%), Copper: 0.2mg (10.18%), Vitamin B5: 0.96mg (9.63%), Magnesium: 38.26mg (9.57%), Zinc: 1.08mg (7.21%), Vitamin A: 281.33IU (5.63%), Vitamin E: 0.49mg (3.29%), Vitamin K: 1.14µg (1.09%)