



Crêpe Torte

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



362 kcal

Ingredients

- ☐ 1 cup arugula leaves trimmed
- ☐ 1 cup carrots freshly grated
- ☐ 5 ounce ready-to-use crêpes (such as Melissa's)
- ☐ 1 pound deli mesquite turkey breast smoked thinly sliced
- ☐ 6 ounce crunchy garden vegetable spread light (such as Fleur de Lait)

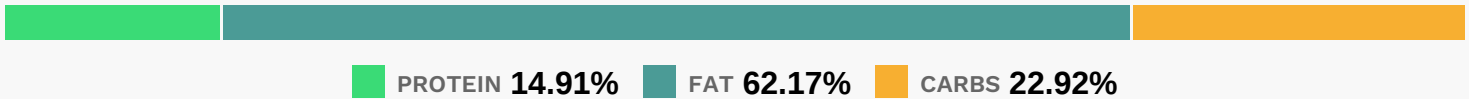
Equipment

- ☐ plastic wrap

Directions

- ☐ Place 1 crpe on a large plate; top with one-third of turkey.
- ☐ Place 1 crpe on top of turkey; cover with one-third of arugula leaves, and another crpe.
- ☐ Spread onethird of vegetable spread on top; sprinkle with one-third of grated carrot. Repeat layers twice, ending with a crpe. Wrap in plastic wrap, and chill 4 hours or overnight.
- ☐ Cut into wedges, and serve.

Nutrition Facts



Properties

Glycemic Index:13.14, Glycemic Load:0.7, Inflammation Score:-10, Nutrition Score:7.8643478417526%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg, Kaempferol: 1.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 361.73kcal (18.09%), Fat: 25.08g (38.58%), Saturated Fat: 5.73g (35.79%), Carbohydrates: 20.8g (6.93%), Net Carbohydrates: 20.15g (7.33%), Sugar: 8.98g (9.98%), Cholesterol: 34.11mg (11.37%), Sodium: 1315.45mg (57.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.53g (27.07%), Vitamin A: 4657.11IU (93.14%), Phosphorus: 191.11mg (19.11%), Copper: 0.2mg (10.06%), Potassium: 247.45mg (7.07%), Iron: 1.25mg (6.95%), Vitamin E: 1.03mg (6.89%), Magnesium: 25.39mg (6.35%), Vitamin K: 6.45µg (6.14%), Zinc: 0.72mg (4.78%), Calcium: 45.73mg (4.57%), Fiber: 0.65g (2.6%), Vitamin C: 1.82mg (2.2%), Manganese: 0.04mg (2.06%), Folate: 7.57µg (1.89%), Vitamin B6: 0.03mg (1.72%), Vitamin B2: 0.03mg (1.51%), Vitamin B1: 0.02mg (1.23%), Vitamin B3: 0.23mg (1.13%)