



# Crepes with Bananas and Hazelnut-Chocolate Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



473 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

## Ingredients

- 1.8 pounds bananas firm unpeeled
- 0.3 cup hazelnut-chocolate spread (such as Nutella)
- 2 large eggs lightly beaten
- 1.5 cups milk fat-free
- 2 tablespoons milk fat-free
- 1 cup flour all-purpose
- 0.3 teaspoon salt

- 1 tablespoon sugar
- 0.3 teaspoon vanilla extract

## Equipment

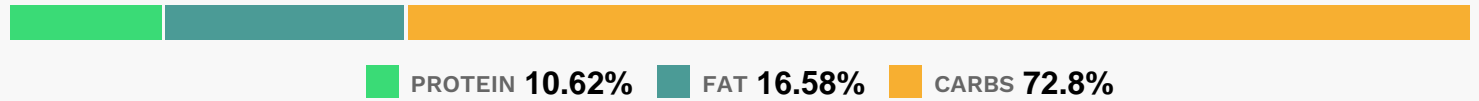
- bowl
- frying pan
- paper towels
- sauce pan
- knife
- whisk
- wax paper
- spatula
- measuring cup

## Directions

- To prepare crepes, lightly spoon flour into a dry measuring cup; level with a knife.
- Place flour, sugar, and salt in a medium bowl; stir with a whisk.
- Combine 1 1/2 cups milk and eggs, stirring with a whisk.
- Add milk mixture to flour mixture, stirring with a whisk just until smooth. Cover batter; chill for 15 minutes.
- Heat a 10-inch nonstick skillet coated with cooking spray over medium-high heat.
- Remove pan from heat.
- Pour a scant 1/4 cup batter into pan; quickly tilt pan in all directions so batter covers pan with a thin film. Cook about 1 minute.
- Carefully lift edge of crepe with a spatula. The crepe is ready to turn when it can be shaken loose from the pan and the underside is lightly browned. Turn crepe over; cook 30 seconds.
- Place crepe on a towel; keep warm. Repeat procedure until all the batter is used. Stack crepes between single layers of wax paper or paper towels to prevent sticking.
- To prepare sauce, combine the hazelnut-chocolate spread, 2 tablespoons milk, and vanilla in a small saucepan over medium heat, stirring with a whisk until smooth. Keep warm.

- Peel bananas and cut in half lengthwise; cut each half crosswise into 2 pieces.
- Heat a large nonstick skillet coated with cooking spray over medium-high heat. Arrange 4 banana pieces in a single layer in pan. Cook 1 minute or until lightly browned. Turn pieces over; cook 1 minute.
- Remove banana pieces from pan; keep warm. Repeat procedure with remaining banana pieces.
- Place 1 banana piece in center of each crepe; fold sides and ends over, and place, seam side down, on clean surface. Repeat procedure with remaining banana pieces and crepes.
- Spoon about 1 tablespoon sauce onto each of 4 plates, spreading to cover center of plates. Arrange 2 crepes on each plate; sprinkle with powdered sugar, if desired.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:73.93, Glycemic Load:46.06, Inflammation Score:-7, Nutrition Score:20.662608664969%

### Flavonoids

Catechin: 12.11mg, Catechin: 12.11mg, Catechin: 12.11mg, Catechin: 12.11mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

### Nutrients (% of daily need)

Calories: 473.24kcal (23.66%), Fat: 9g (13.84%), Saturated Fat: 6.43g (40.17%), Carbohydrates: 88.85g (29.62%), Net Carbohydrates: 81.84g (29.76%), Sugar: 42.56g (47.28%), Cholesterol: 95.98mg (31.99%), Sodium: 231.94mg (10.08%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 12.96g (25.93%), Manganese: 0.92mg (46.14%), Vitamin B6: 0.86mg (42.88%), Vitamin B2: 0.58mg (33.9%), Selenium: 22.93µg (32.76%), Potassium: 1021.11mg (29.17%), Folate: 113.24µg (28.31%), Fiber: 7.02g (28.06%), Phosphorus: 261.75mg (26.18%), Vitamin B1: 0.39mg (25.9%), Magnesium: 87.41mg (21.85%), Vitamin C: 17.26mg (20.93%), Calcium: 180.18mg (18.02%), Iron: 3.23mg (17.93%), Vitamin B3: 3.38mg (16.91%), Vitamin B5: 1.6mg (16.05%), Copper: 0.31mg (15.41%), Vitamin B12: 0.85µg (14.16%), Vitamin D: 1.59µg (10.62%), Zinc: 1.49mg (9.91%), Vitamin E: 1.41mg (9.4%), Vitamin A: 465.29IU (9.31%), Vitamin K: 1.52µg (1.44%)