



Crepes with Blueberry Stuffing and Rhubarb Compote

 Vegetarian

READY IN



75 min.

SERVINGS



4

CALORIES



320 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 cup blueberries
- ☐ 1 tablespoon cornstarch
- ☐ 2 eggs
- ☐ 0.5 cup flour
- ☐ 1 tablespoon granulated maple sugar
- ☐ 0.5 cup milk
- ☐ 4 servings mint leaves for garnish

- ☐ 2 tablespoons orange juice concentrate frozen
- ☐ 2 cups cut up rhubarb fresh
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup heavy whipping cream sour
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon sugar
- ☐ 1 tablespoon tangelo marmalade
- ☐ 4 servings butter unsalted for skillet

Equipment

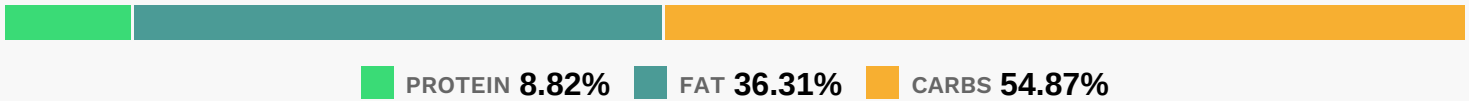
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ spatula

Directions

- ☐ Whisk the eggs and milk together in a bowl.
- ☐ Whisk in the salt, sugar, and flour. Set aside for 30 minutes. Melt about 1/2-teaspoon butter in a nonstick 8 to 10-inch skillet over medium heat. When it foams, pour or ladle in about 2 tablespoons of batter. Lift and swirl the pan so the batter coats the bottom. Set pan on the burner and cook just until set and the underside is lightly browned. Using a spatula or your fingers, flip and cook until the other side is lightly browned.
- ☐ Transfer to a plate and continue with remaining batter.
- ☐ Blueberry Stuffing: In a bowl, gently fold together the blueberries, maple sugar and sour cream.
- ☐ Rhubarb Compote: To make the compote, place the rhubarb, orange juice concentrate, sugar, and cornstarch in a saucepan and cook until the fruit falls apart and the mixture thickens.
- ☐ To serve, place the crepes on a platter and schmear with marmalade.

Place a spoonful of the blueberry filling down the center and roll up the crepe. Repeat with remaining crepes. Top off with some rhubarb compote and mint.

Nutrition Facts



Properties

Glycemic Index:102.8, Glycemic Load:22.9, Inflammation Score:-6, Nutrition Score:11.936087048572%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Epicatechin 3–gallate: 0.37mg, Epicatechin 3–gallate: 0.37mg, Epicatechin 3–gallate: 0.37mg, Epicatechin 3–gallate: 0.37mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 319.59kcal (15.98%), Fat: 13.19g (20.29%), Saturated Fat: 6.8g (42.53%), Carbohydrates: 44.85g (14.95%), Net Carbohydrates: 42.2g (15.35%), Sugar: 26.13g (29.03%), Cholesterol: 113.21mg (37.74%), Sodium: 347.72mg (15.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.21g (14.41%), Manganese: 0.54mg (27.19%), Vitamin C: 20.75mg (25.16%), Vitamin K: 26.03µg (24.79%), Selenium: 14.65µg (20.93%), Vitamin B2: 0.32mg (19.02%), Calcium: 147.39mg (14.74%), Folate: 54.72µg (13.68%), Vitamin B1: 0.2mg (13.6%), Phosphorus: 133.62mg (13.36%), Vitamin A: 650.15IU (13%), Potassium: 402.99mg (11.51%), Fiber: 2.65g (10.59%), Iron: 1.53mg (8.49%), Vitamin B5: 0.77mg (7.74%), Vitamin B3: 1.45mg (7.25%), Vitamin B12: 0.43µg (7.16%), Magnesium: 26.85mg (6.71%), Vitamin B6: 0.13mg (6.61%), Zinc: 0.99mg (6.6%), Vitamin E: 0.91mg (6.05%), Vitamin D: 0.85µg (5.67%), Copper: 0.09mg (4.68%)