



Espresso Crepes with Ice Cream and Dark Chocolate Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 8 crêpes
- ☐ 0.3 cup half and half
- ☐ 2 tablespoons honey
- ☐ 2 cups whipped cream low-fat
- ☐ 3 ounces bittersweet chocolate chopped

Equipment

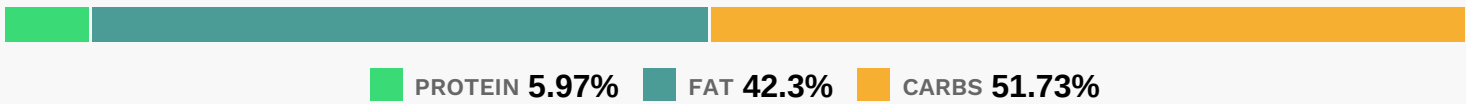
- ☐ frying pan

☐ sauce pan

Directions

- ☐ Combine half-and-half and honey in a small saucepan over medium heat; cook 3 minutes or until tiny bubbles form around edge of pan, stirring frequently (do not boil).
- ☐ Remove from heat.
- ☐ Add chocolate; stir until smooth.
- ☐ Fold each crepe in half; fold in half again.
- ☐ Place 1 crepe on each of 8 plates. Top each serving with 1/4 cup coffee ice cream; drizzle with 4 teaspoons sauce.

Nutrition Facts



Properties

Glycemic Index:14.16, Glycemic Load:6.87, Inflammation Score:-2, Nutrition Score:3.3373912987502%

Nutrients (% of daily need)

Calories: 210.01kcal (10.5%), Fat: 9.86g (15.16%), Saturated Fat: 5.79g (36.18%), Carbohydrates: 27.12g (9.04%), Net Carbohydrates: 26.03g (9.47%), Sugar: 19.6g (21.78%), Cholesterol: 24.65mg (8.22%), Sodium: 112.78mg (4.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 9.14mg (3.05%), Protein: 3.13g (6.26%), Manganese: 0.15mg (7.39%), Phosphorus: 72.08mg (7.21%), Copper: 0.14mg (7.15%), Calcium: 69.88mg (6.99%), Vitamin B2: 0.11mg (6.23%), Magnesium: 24.44mg (6.11%), Iron: 0.91mg (5.05%), Fiber: 1.09g (4.37%), Potassium: 141.99mg (4.06%), Zinc: 0.56mg (3.74%), Vitamin A: 179.94IU (3.6%), Vitamin B12: 0.17µg (2.78%), Selenium: 1.85µg (2.65%), Vitamin B5: 0.26mg (2.56%), Vitamin B1: 0.02mg (1.33%), Vitamin B6: 0.03mg (1.29%), Vitamin E: 0.19mg (1.25%)