



Fresh Lemon Cream Crepes

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



190 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon sugar
- ☐ 0.5 cup milk
- ☐ 1 tablespoon butter melted
- ☐ 2 eggs
- ☐ 2 cups cream sour
- ☐ 0.5 cup milk
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.3 cup juice of lemon fresh

- ☐ 1 box vanilla pudding instant (4-serving size)
- ☐ 2 cups raspberries fresh
- ☐ 1 serving powdered sugar
- ☐ 1 serving raspberries fresh
- ☐ 0.5 cup frangelico

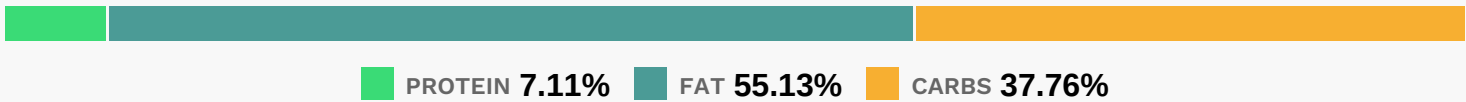
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ In small bowl, beat Bisquick mix, sugar, 1/2 cup milk, the melted butter and eggs with whisk or fork until blended. Grease 6- or 7-inch nonstick skillet with shortening; heat over medium heat until bubbly. For each crepe, pour 2 tablespoons batter into skillet; immediately rotate skillet until batter covers bottom. Cook until golden brown on bottom side. Run wide spatula around edge to loosen; turn and cook other side until golden brown. Stack crepes as you remove them from skillet, placing waxed paper between each; keep covered.
- ☐ In small bowl, beat sour cream, 1/2 cup milk, the lemon peel, lemon juice and pudding mix with whisk or fork until blended.
- ☐ To assemble each crepe, spoon about 1/4 cup of the filling on one end of crepe; top with 5 raspberries.
- ☐ Roll up; sprinkle each crepe with powdered sugar.
- ☐ Serve with additional raspberries.

Nutrition Facts



Properties

Glycemic Index:24.81, Glycemic Load:1.69, Inflammation Score:-4, Nutrition Score:5.3565217774847%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 189.68kcal (9.48%), Fat: 11.93g (18.36%), Saturated Fat: 6.11g (38.2%), Carbohydrates: 18.39g (6.13%), Net Carbohydrates: 16.3g (5.93%), Sugar: 13.88g (15.42%), Cholesterol: 65.81mg (21.94%), Sodium: 106.42mg (4.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.93%), Vitamin C: 11.41mg (13.83%), Manganese: 0.21mg (10.55%), Vitamin B2: 0.17mg (9.77%), Calcium: 90.91mg (9.09%), Phosphorus: 86.82mg (8.68%), Vitamin A: 419.18IU (8.38%), Fiber: 2.09g (8.36%), Selenium: 5.05µg (7.21%), Vitamin B12: 0.31µg (5.15%), Vitamin B5: 0.49mg (4.91%), Potassium: 161.08mg (4.6%), Magnesium: 15.67mg (3.92%), Vitamin E: 0.58mg (3.89%), Folate: 14.54µg (3.63%), Vitamin B6: 0.07mg (3.45%), Zinc: 0.5mg (3.33%), Vitamin K: 3.23µg (3.07%), Vitamin D: 0.44µg (2.96%), Vitamin B1: 0.04mg (2.53%), Iron: 0.41mg (2.29%), Copper: 0.05mg (2.28%), Vitamin B3: 0.26mg (1.32%)