



Frozen Cocoa-Mint Crêpes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



845 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 9.3 ounce chocolate-covered mint wafer candies divided
- ☐ 1 tablespoon cocoa
- ☐ 1 tablespoon plus light
- ☐ 1 large eggs
- ☐ 0.7 cup flour all-purpose
- ☐ 0.8 cup milk
- ☐ 1 sprigs garnishes: mint chocolate shavings fresh
- ☐ 0.3 cup powdered sugar sifted

- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons vegetable oil
- ☐ 6 servings vegetable oil
- ☐ 0.3 cup whipping cream
- ☐ 2.5 cups whipping cream

Equipment

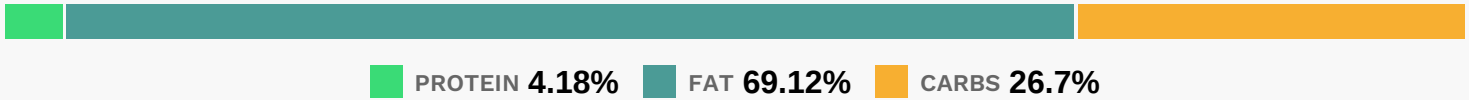
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ hand mixer
- ☐ wax paper
- ☐ kitchen towels

Directions

- ☐ Combine first 4 ingredients, beating with a wire whisk until smooth.
- ☐ Add egg and beat well; stir in 2 teaspoons oil. Chill batter at least 2 hours.
- ☐ Coat bottom of a 6" crpe pan or heavy skillet with oil; place over medium heat until hot.
- ☐ Pour 2 tablespoons batter into pan; quickly tilt pan in all directions so batter covers bottom of pan. Cook 1 minute or until crpe can be shaken loose from pan. Turn crpe over and cook about 30 seconds.
- ☐ Place crpe on a dish towel to cool. Repeat with remaining batter. Stack crpes between sheets of wax paper to prevent sticking.
- ☐ Unwrap and chop 1 package of chocolate mint candies. Beat 2 1/2 cups whipping cream and powdered sugar at high speed of an electric mixer until stiff peaks form. Gently fold in chopped mint candies. Cover and freeze 5 minutes.
- ☐ Spoon 1/3 cup whipped cream mixture in center of each crpe. Fold left and right side of each crpe toward center.
- ☐ Place, seam side down, in a dish and freeze at least 2 hours.

- ☐
- Combine remaining chocolate mint candies, 1/4 cup whipping cream, and corn syrup in a saucepan. Cook over medium–low heat until chocolate melts, stirring often.
- ☐
- Remove from heat; let cool slightly.
- ☐
- Place 2 crpes on each serving plate.
- ☐
- Drizzle warm sauce over crpes.
- ☐
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:33.68, Glycemic Load:11.54, Inflammation Score:-7, Nutrition Score:11.275217196216%

Flavonoids

Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 845.1kcal (42.25%), Fat: 66.14g (101.76%), Saturated Fat: 34.77g (217.31%), Carbohydrates: 57.49g (19.16%), Net Carbohydrates: 56.39g (20.51%), Sugar: 44.63g (49.59%), Cholesterol: 163.22mg (54.41%), Sodium: 138.76mg (6.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.56mg (1.52%), Protein: 8.99g (17.99%), Vitamin A: 1758.41IU (35.17%), Vitamin K: 33.59µg (31.99%), Vitamin B2: 0.41mg (24.18%), Vitamin E: 2.87mg (19.13%), Calcium: 182.29mg (18.23%), Phosphorus: 163.14mg (16.31%), Selenium: 11.32µg (16.17%), Vitamin D: 2.25µg (14.98%), Vitamin B1: 0.16mg (10.87%), Vitamin B12: 0.56µg (9.32%), Folate: 34.15µg (8.54%), Potassium: 272.54mg (7.79%), Iron: 1.22mg (6.76%), Manganese: 0.13mg (6.68%), Vitamin B5: 0.58mg (5.83%), Magnesium: 19.68mg (4.92%), Vitamin B3: 0.97mg (4.83%), Zinc: 0.67mg (4.45%), Fiber: 1.09g (4.38%), Vitamin B6: 0.08mg (3.91%), Copper: 0.07mg (3.55%), Vitamin C: 1.1mg (1.34%)