



Honey-Ginger Pineapple Crêpes

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



285 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 tablespoon powdered sugar
- ☐ 1 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1.5 teaspoons ginger fresh minced peeled
- ☐ 0.3 cup honey
- ☐ 0.3 cup orange juice fresh
- ☐ 20 oz pineapple chunks unsweetened drained well canned
- ☐ 1 tablespoon butter unsalted

☐ 0.5 cup milk whole

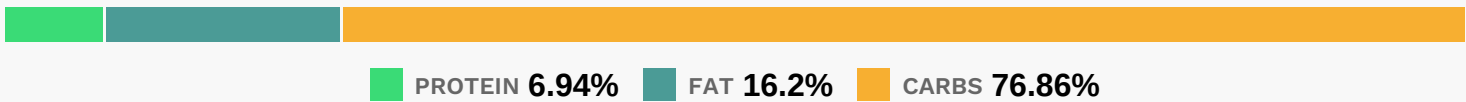
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Blend crêpe ingredients in a blender. Chill batter while preparing pineapple.
- ☐ Heat butter in a 12-inch nonstick skillet over moderately high heat until foam subsides, then sauté pineapple until golden, about 5 minutes.
- ☐ Transfer pineapple to a bowl with a slotted spoon.
- ☐ Add ginger to skillet and sauté, stirring, 30 seconds.
- ☐ Add honey and juice and simmer until mixture is syrupy, 3 to 5 minutes.
- ☐ While honey mixture is reducing, brush a 10-inch nonstick skillet with oil and heat over moderately high heat until hot but not smoking. Holding skillet off heat, pour in 1/4 cup batter, immediately swirling and tilting skillet to create a thin, even layer. Return skillet to heat and cook until crêpe is golden around edges and dry in center, about 45 seconds. Flip crêpe carefully and cook until golden, about 15 seconds.
- ☐ Transfer to a platter and keep warm, covered. Make more crêpes in same manner.
- ☐ Add pineapple to honey mixture and simmer, stirring, until heated through. Spoon about 1/2 cup pineapple mixture over half of 1 crêpe, then fold in half. Repeat with remaining crêpes.
- ☐ Pour remaining pineapple mixture over folded crêpes.

Nutrition Facts



Properties

Glycemic Index:58.07, Glycemic Load:19.39, Inflammation Score:-4, Nutrition Score:8.6947825265967%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 285.28kcal (14.26%), Fat: 5.36g (8.25%), Saturated Fat: 2.8g (17.49%), Carbohydrates: 57.23g (19.08%), Net Carbohydrates: 54.87g (19.95%), Sugar: 42.87g (47.63%), Cholesterol: 57.69mg (19.23%), Sodium: 32.65mg (1.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.33%), Vitamin C: 23.8mg (28.85%), Vitamin B1: 0.31mg (20.55%), Selenium: 10.52µg (15.03%), Vitamin B2: 0.22mg (13.07%), Folate: 48.37µg (12.09%), Copper: 0.2mg (10.13%), Fiber: 2.36g (9.45%), Potassium: 311.83mg (8.91%), Phosphorus: 87.81mg (8.78%), Vitamin B6: 0.17mg (8.38%), Magnesium: 32.95mg (8.24%), Iron: 1.48mg (8.21%), Calcium: 74.06mg (7.41%), Vitamin B3: 1.48mg (7.41%), Manganese: 0.13mg (6.65%), Vitamin A: 316.58IU (6.33%), Vitamin B12: 0.28µg (4.7%), Vitamin B5: 0.43mg (4.33%), Vitamin D: 0.64µg (4.25%), Zinc: 0.6mg (4%), Vitamin E: 0.28mg (1.84%), Vitamin K: 1.43µg (1.37%)