



Mixed Berry Crepes

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



90 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1.5 cups blueberries unsweetened frozen thawed
- ☐ 1 teaspoon cornstarch
- ☐ 12 make-ahead crepes
- ☐ 0.3 cup granulated sugar
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1.5 cups raspberries unsweetened frozen thawed
- ☐ 1 cup strawberries unsweetened frozen thawed sliced

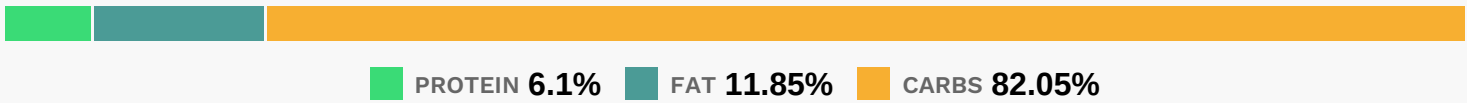
Equipment

☐ sauce pan

Directions

- ☐ Combine first 5 ingredients in a saucepan; bring to a boil. Reduce heat; simmer 5 minutes or until thickened.
- ☐ Remove from heat; stir in juice. Cool.
- ☐ Spread 1 1/2 teaspoons cream cheese over each Make-Ahead Crepe, and top each with about 2 1/2 tablespoons berry mixture; roll up. Top each crepe with about 2 tablespoons berry mixture. Sift powdered sugar evenly over crepes just before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:14.67, Glycemic Load:4.29, Inflammation Score:-2, Nutrition Score:2.4995652268762%

Flavonoids

Cyanidin: 8.63mg, Cyanidin: 8.63mg, Cyanidin: 8.63mg, Cyanidin: 8.63mg Petunidin: 5.89mg, Petunidin: 5.89mg, Petunidin: 5.89mg, Petunidin: 5.89mg Delphinidin: 6.79mg, Delphinidin: 6.79mg, Delphinidin: 6.79mg, Delphinidin: 6.79mg Malvidin: 12.52mg, Malvidin: 12.52mg, Malvidin: 12.52mg, Malvidin: 12.52mg Pelargonidin: 3.13mg, Pelargonidin: 3.13mg, Pelargonidin: 3.13mg, Pelargonidin: 3.13mg Peonidin: 3.78mg, Peonidin: 3.78mg, Peonidin: 3.78mg, Peonidin: 3.78mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg, Quercetin: 1.71mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 90.11kcal (4.51%), Fat: 1.21g (1.85%), Saturated Fat: 0.51g (3.17%), Carbohydrates: 18.78g (6.26%), Net Carbohydrates: 17.12g (6.22%), Sugar: 11.26g (12.51%), Cholesterol: 5.96mg (1.99%), Sodium: 79.48mg (3.46%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.4g (2.79%), Vitamin C: 13.26mg (16.08%), Manganese: 0.21mg (10.47%), Fiber: 1.66g (6.66%), Vitamin K: 5µg (4.77%), Iron: 0.39mg (2.16%), Folate: 7.39µg (1.85%), Vitamin E: 0.27mg (1.82%), Calcium: 16.84mg (1.68%), Potassium: 56.63mg (1.62%), Copper: 0.03mg (1.52%), Magnesium: 6.05mg (1.51%), Vitamin B6: 0.02mg (1.2%), Vitamin B3: 0.21mg (1.07%)