



Nutella and Strawberry Crepes

READY IN



20 min.

SERVINGS



4

CALORIES



424 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 8 egg roll wrappers
- ☐ 0.5 cup nutella
- ☐ 2 cups strawberries frozen thawed halved drained
- ☐ 2 tablespoons sugar
- ☐ 4 tablespoons butter unsalted

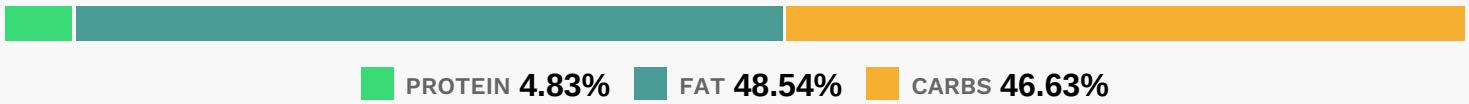
Equipment

- ☐ frying pan

Directions

- ☐ Spread 1 Tbsp. Nutella evenly in a 1/2-inch-thick line across bottom quarter of each egg roll wrapper. Fold up tightly to form crepes.
- ☐ Melt 2 Tbsp. butter in a large skillet over medium heat.
- ☐ Add 4 crepes, seam-side down, and sprinkle with 1/2 Tbsp. sugar. Cook until golden brown on bottom, 1 to 2 minutes. Carefully flip crepes and cook until golden brown on other side, about 1 minute longer.
- ☐ Transfer to a platter. Repeat with remaining crepes, butter and another 1/2 Tbsp. sugar.
- ☐ Add berries to skillet, sprinkle with remaining 1 Tbsp. sugar and cook, stirring, until berries have softened and sugar has melted, 1 to 2 minutes. Spoon berries over crepes and serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.86, Glycemic Load:12.09, Inflammation Score:-5, Nutrition Score:11.556956400042%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg, Quercetin: 0.8mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 424.3kcal (21.22%), Fat: 23.12g (35.57%), Saturated Fat: 17.92g (112%), Carbohydrates: 49.97g (16.66%), Net Carbohydrates: 46.03g (16.74%), Sugar: 29.77g (33.07%), Cholesterol: 32.44mg (10.81%), Sodium: 166.41mg (7.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.36%), Vitamin C: 42.34mg (51.32%), Manganese: 0.77mg (38.51%), Vitamin E: 2.39mg (15.96%), Fiber: 3.93g (15.73%), Iron: 2.82mg (15.65%), Selenium: 9.15µg (13.07%), Copper: 0.25mg (12.57%), Vitamin B1: 0.18mg (12.32%), Folate: 45.31µg (11.33%), Vitamin B2: 0.18mg (10.81%), Phosphorus: 98.7mg (9.87%), Magnesium: 38.84mg (9.71%), Vitamin B3: 1.85mg (9.27%), Potassium: 287.58mg (8.22%), Vitamin A: 363.27IU (7.27%), Calcium: 67.66mg (6.77%), Zinc: 0.7mg (4.64%), Vitamin B6: 0.07mg (3.64%), Vitamin K: 3.28µg (3.12%), Vitamin B5: 0.25mg (2.46%), Vitamin B12: 0.13µg (2.17%), Vitamin D: 0.21µg (1.4%)