

Nutella Crepes and Ice Cream

READY IN



45 min.

SERVINGS



6

CALORIES



633 kcal

DESSERT

Ingredients

- 6 servings banana
- 1 tablespoon butter melted
- 1.3 cup buttermilk canned (you can use any kind of milk available)
- 0.5 teaspoon cinnamon
- 2 eggs
- 1 cup flour
- 6 servings whipped cream
- 6 servings nutella
- 6 servings butter for frying

- 0.3 cup sugar
- 1 vanilla extract

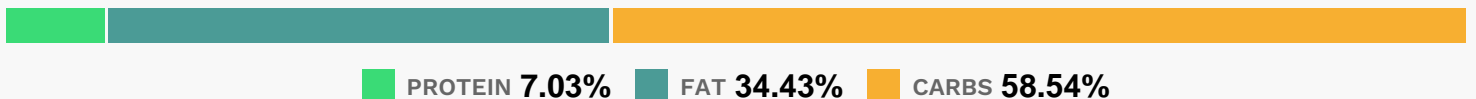
Equipment

- bowl
- frying pan
- whisk
- sieve
- blender
- microwave

Directions

- In a dry clean bowl, mix together the dry ingredients (flour, sugar, cinnamon)In another bowl, break the eggs and whisk properly, add the milk, butter (or oil), vanilla extract and whisk properly.
- Add the wet ingredients to the dry ingredients and whisk, ensuring that there are no lumps (Tip: you can use a blender in order to prevent lumps , and if normal whisk is used and you notice lumps you can sieve out the lumps)Grease (with oil or butter) a crepe pan or a big frying pan
- Set to medium to low heat
- Pour batter in the middle of pan and move pan around to ensure that the batter covers the entire pan (the idea is to make the crepe as thin as possible so avoid pouring a lot of batter into the pan at once)Fry each side of the crepe for 3-4 minutes
- Scoop Nutella into a bowl and microwave for 45 secs to soften it up, so that it doesn't rip the crepes
- Slice bananas or strawberry
- Spread Nutella on one half of the crepe, put the strawberries/bananas and fold over

Nutrition Facts



Properties

Glycemic Index:71.03, Glycemic Load:47.43, Inflammation Score:-7, Nutrition Score:18.207826086957%

Flavonoids

Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Taste

Sweetness: 100%, Saltiness: 6.67%, Sourness: 17.2%, Bitterness: 15.84%, Savoriness: 9.02%, Fattiness: 59.64%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 632.87kcal (31.64%), Fat: 24.65g (37.92%), Saturated Fat: 18.29g (114.29%), Carbohydrates: 94.29g (31.43%), Net Carbohydrates: 87.91g (31.97%), Sugar: 60.24g (66.93%), Cholesterol: 96.27mg (32.09%), Sodium: 164.52mg (7.15%), Protein: 11.33g (22.65%), Manganese: 0.84mg (42.23%), Vitamin B2: 0.57mg (33.66%), Vitamin B6: 0.58mg (28.85%), Fiber: 6.39g (25.55%), Phosphorus: 248.22mg (24.82%), Selenium: 17.28µg (24.69%), Potassium: 844.97mg (24.14%), Folate: 81.31µg (20.33%), Calcium: 202.15mg (20.21%), Magnesium: 78.47mg (19.62%), Vitamin B1: 0.29mg (19.38%), Iron: 3.26mg (18.14%), Copper: 0.34mg (17.07%), Vitamin E: 2.44mg (16.28%), Vitamin B5: 1.45mg (14.47%), Vitamin C: 11.36mg (13.77%), Vitamin A: 605.1IU (12.1%), Vitamin B12: 0.72µg (12.06%), Vitamin B3: 2.36mg (11.81%), Zinc: 1.57mg (10.46%), Vitamin D: 1.08µg (7.17%), Vitamin K: 2.07µg (1.97%)