



Oven Crespella with Nutella Sauce

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



397 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup nutella
- ☐ 6 servings powdered sugar
- ☐ 2 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon salt
- ☐ 6 servings strawberries chopped
- ☐ 2 tablespoons butter unsalted

- ☐ 1 teaspoon vanilla extract pure
- ☐ 1.5 cups milk whole divided

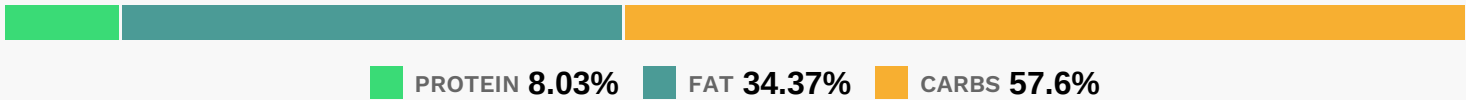
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Put a 12-inch ovenproof heavy skillet in middle of oven and preheat oven to 450°F.
- ☐ Whisk together flour, eggs, sugar, vanilla, salt, and 1 1/2 cups milk in a bowl.
- ☐ Add butter to skillet and heat in oven until golden, about 1 minute.
- ☐ Pour batter into skillet and bake until puffed, set, and golden, 20 to 25 minutes.
- ☐ Meanwhile, whisk together Nutella and remaining 3 tablespoons milk until smooth. Thin sauce with additional milk if necessary.
- ☐ Cool pancake in skillet on a rack 5 minutes (it will sink). Dust with confectioners sugar and drizzle with sauce.
- ☐ Serve with berries.

Nutrition Facts



Properties

Glycemic Index:42.07, Glycemic Load:22.98, Inflammation Score:-6, Nutrition Score:16.920000097026%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin:

1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg, Epicatechin 3–gallate: 0.22mg Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg, Epigallocatechin 3–gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 396.72kcal (19.84%), Fat: 15.36g (23.63%), Saturated Fat: 11.2g (70%), Carbohydrates: 57.92g (19.31%), Net Carbohydrates: 53.27g (19.37%), Sugar: 39.81g (44.23%), Cholesterol: 79.35mg (26.45%), Sodium: 253.46mg (11.02%), Alcohol: 0.23g (100%), Alcohol %: 0.1% (100%), Protein: 8.07g (16.14%), Vitamin C: 84.67mg (102.63%), Manganese: 0.89mg (44.47%), Selenium: 13.19µg (18.85%), Folate: 74.63µg (18.66%), Vitamin B2: 0.32mg (18.65%), Fiber: 4.65g (18.61%), Phosphorus: 185.21mg (18.52%), Iron: 2.71mg (15.08%), Vitamin B1: 0.22mg (14.64%), Calcium: 138.22mg (13.82%), Vitamin E: 1.98mg (13.2%), Potassium: 455.76mg (13.02%), Magnesium: 47.66mg (11.91%), Copper: 0.22mg (11.2%), Vitamin B12: 0.55µg (9.22%), Vitamin B3: 1.67mg (8.33%), Vitamin B5: 0.83mg (8.26%), Vitamin B6: 0.16mg (8.05%), Vitamin D: 1.07µg (7.16%), Zinc: 1.05mg (6.99%), Vitamin A: 323.47IU (6.47%), Vitamin K: 4.25µg (4.05%)