



WHATSheATE



Raspberry and Nutella Crepes



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



497 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients



2 tablespoons confectioners sugar



4 crêpes



8 tablespoons nutella (chocolate hazelnut spread)



1 cup raspberries



1 cup raspberry sauce

Equipment

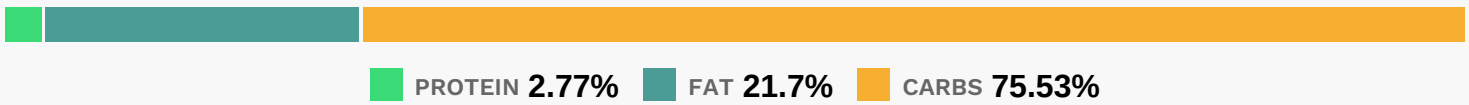


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Directions

- ☐ Spread chocolate hazelnut spread across half of each crepe and raspberry sauce on the other half.
- ☐ Sprinkle with raspberries and fold the crepes in half.
- ☐ Drizzle raspberry sauce onto the crepes to taste and sprinkle on some more raspberries.
- ☐ Place the confectioners sugar in a fine sieve, hold it over the crepes and lightly tap the side to sprinkle the powdered sugar onto the crepes.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:6.61, Inflammation Score:-2, Nutrition Score:7.6252172874368%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 497.47kcal (24.87%), Fat: 12.26g (18.87%), Saturated Fat: 11.01g (68.84%), Carbohydrates: 96.01g (32%), Net Carbohydrates: 91.46g (33.26%), Sugar: 52.48g (58.32%), Cholesterol: 5.96mg (1.99%), Sodium: 112.35mg (4.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.53g (7.05%), Manganese: 0.66mg (33.21%), Vitamin C: 19.5mg (23.64%), Fiber: 4.54g (18.17%), Vitamin E: 2.18mg (14.54%), Iron: 2.25mg (12.49%), Copper: 0.23mg (11.4%), Magnesium: 33.68mg (8.42%), Phosphorus: 69.19mg (6.92%), Potassium: 239.32mg (6.84%), Calcium: 62.54mg (6.25%), Vitamin B2: 0.1mg (5.62%), Folate: 16.58µg (4.14%), Zinc: 0.57mg (3.8%), Vitamin K: 3.64µg (3.46%), Vitamin B1: 0.05mg (3.36%), Selenium: 2.1µg (2.99%), Vitamin B6: 0.06mg (2.85%), Vitamin B5: 0.27mg (2.72%), Vitamin B3: 0.47mg (2.37%), Vitamin B12: 0.1µg (1.66%)