



Red Velvet Crepes with Raspberry & Sweet Cream Cheese Filling

♥♥ Popular

READY IN



45 min.

SERVINGS



12

CALORIES



474 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 3 Tablespoons butter melted
- ☐ 12 servings butter
- ☐ 1.5 Tablespoon cocoa powder
- ☐ 16 ounces cream cheese softened
- ☐ 1 egg yolk
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose

- ☐ 0.5 tsp juice of lemon
- ☐ 1 cup milk
- ☐ 12 servings chocolate (or chocolate)
- ☐ 2 cups powdered sugar
- ☐ 12 servings raspberry jam
- ☐ 12 servings food coloring red
- ☐ 2 cup ricotta cheese
- ☐ 1 tsp rum
- ☐ 1 pinch salt
- ☐ 2 Tbsp strong coffee decoction
- ☐ 1 teaspoon sugar
- ☐ 1 dash vanilla
- ☐ 1 tsp vanilla extract
- ☐ 0.5 cup water

Equipment

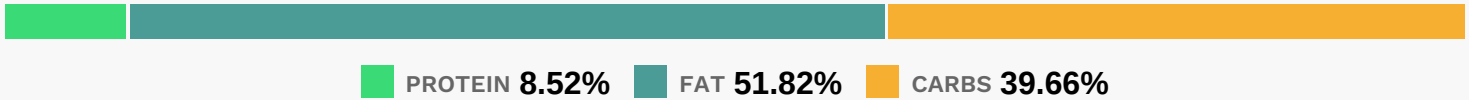
- ☐ frying pan
- ☐ blender
- ☐ microwave

Directions

- ☐ Combine 2 eggs + 1 egg yolk, milk, water, salt, sugar, vanilla food color, and melted butter in a blender and pulse until foamy.
- ☐ Add flour and cocoa powder and pulse until smooth.
- ☐ Let the batter sit for an hour. Prepare Cream Cheese Filling by mixing all filling ingredients with mixer until well combined and smooth, set aside. After batter sits for one hour, heat a small non-stick pan.
- ☐ Add butter to coat.
- ☐ Pour 1 ounce of batter into the center of the pan and swirl to spread evenly. Cook until the top loses its gloss, which should only take a minute, then flip. The bottom should be golden.

Cook the other side for about 15 seconds and then slide out onto a plate.Repeat with remaining batter.Prepare crepes by spreading a one inch wide strip of raspberry preserves down center of crepe, then top with cream cheese filling.Fold each side of crepe over filling and plate.Melt Nutella in microwave for about 30 seconds and drizzle over crepes.

Nutrition Facts



Properties

Glycemic Index:37.47, Glycemic Load:14.94, Inflammation Score:-6, Nutrition Score:7.9600000070489%

Flavonoids

Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg, Epicatechin: 1.23mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 473.84kcal (23.69%), Fat: 27.55g (42.39%), Saturated Fat: 16.45g (102.84%), Carbohydrates: 47.45g (15.82%), Net Carbohydrates: 46.66g (16.97%), Sugar: 32.75g (36.39%), Cholesterol: 123.45mg (41.15%), Sodium: 238.04mg (10.35%), Alcohol: 0.26g (100%), Alcohol %: 0.18% (100%), Caffeine: 3.08mg (1.03%), Protein: 10.2g (20.39%), Selenium: 16.98µg (24.25%), Vitamin A: 998.18IU (19.96%), Vitamin B2: 0.32mg (18.62%), Phosphorus: 169.93mg (16.99%), Calcium: 162.52mg (16.25%), Folate: 35.84µg (8.96%), Vitamin B1: 0.12mg (7.84%), Vitamin B12: 0.44µg (7.37%), Zinc: 1.04mg (6.9%), Vitamin B5: 0.6mg (6.05%), Manganese: 0.12mg (6.03%), Iron: 1.08mg (5.99%), Potassium: 178.9mg (5.11%), Vitamin E: 0.73mg (4.85%), Magnesium: 19.08mg (4.77%), Copper: 0.09mg (4.5%), Vitamin B6: 0.08mg (3.96%), Vitamin B3: 0.76mg (3.79%), Vitamin D: 0.53µg (3.56%), Fiber: 0.79g (3.15%), Vitamin C: 1.84mg (2.23%), Vitamin K: 2.05µg (1.95%)