



## Red, White & Blue Crepes: Happy July 4th! @driscollsberry

READY IN



45 min.

SERVINGS



1

CALORIES



254 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 serving blueberries
- 1 serving crêpes your favorite
- 1 serving feta cheese crumbled
- 1 serving raspberries
- 1 serving strawberry jam

### Equipment

### Nutrition Facts

PROTEIN 9.27% FAT 24.86% CARBS 65.87%

## Properties

Glycemic Index:148, Glycemic Load:15.78, Inflammation Score:-6, Nutrition Score:13.473913043478%

## Flavonoids

Cyanidin: 39.98mg, Cyanidin: 39.98mg, Cyanidin: 39.98mg, Cyanidin: 39.98mg Petunidin: 46.85mg, Petunidin: 46.85mg, Petunidin: 46.85mg, Petunidin: 46.85mg Delphinidin: 53.23mg, Delphinidin: 53.23mg, Delphinidin: 53.23mg, Delphinidin: 53.23mg Malvidin: 100.11mg, Malvidin: 100.11mg, Malvidin: 100.11mg, Malvidin: 100.11mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 30.1mg, Peonidin: 30.1mg, Peonidin: 30.1mg, Peonidin: 30.1mg Catechin: 8.62mg, Catechin: 8.62mg, Catechin: 8.62mg, Catechin: 8.62mg Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg, Kaempferol: 2.49mg Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg, Myricetin: 1.92mg Quercetin: 11.98mg, Quercetin: 11.98mg, Quercetin: 11.98mg, Quercetin: 11.98mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

## Nutrients (% of daily need)

Calories: 254.25kcal (12.71%), Fat: 7.41g (11.4%), Saturated Fat: 4.08g (25.5%), Carbohydrates: 44.18g (14.73%), Net Carbohydrates: 36.51g (13.27%), Sugar: 27.37g (30.41%), Cholesterol: 27.12mg (9.04%), Sodium: 356.04mg (15.48%), Protein: 6.22g (12.44%), Manganese: 0.92mg (45.78%), Vitamin C: 31.84mg (38.59%), Vitamin K: 33.78µg (32.18%), Fiber: 7.67g (30.69%), Vitamin B2: 0.35mg (20.7%), Calcium: 176.48mg (17.65%), Phosphorus: 140.06mg (14.01%), Vitamin B6: 0.24mg (12.06%), Vitamin E: 1.44mg (9.62%), Zinc: 1.36mg (9.1%), Vitamin B12: 0.51µg (8.45%), Copper: 0.17mg (8.4%), Folate: 33.28µg (8.32%), Vitamin B1: 0.12mg (8.22%), Selenium: 5.17µg (7.38%), Magnesium: 28.58mg (7.14%), Potassium: 238.56mg (6.82%), Vitamin B5: 0.68mg (6.75%), Vitamin B3: 1.28mg (6.41%), Iron: 1.13mg (6.3%), Vitamin A: 226.32IU (4.53%)