



## Ricotta Filled Crepes with Berries

READY IN



25 min.

SERVINGS



8

CALORIES



159 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- ☐ 0.3 cup pillsbury best® all purpose flour
- ☐ 8 servings smucker's® chocolate sundae syrups ice cream topping sugar free
- ☐ 8 servings crêpes
- ☐ 2 large eggs
- ☐ 0.3 cup milk
- ☐ 3 tablespoons orange juice divided
- ☐ 0.5 teaspoon orange peel grated
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon semi-sweet chocolate chips miniature

- ☐ 1 cup milk ricotta cheese whole
- ☐ 3 cups strawberries fresh sliced
- ☐ 0.5 cup smucker's® strawberry preserves sugar free
- ☐ 2 packets artificial sweetener
- ☐ 1 teaspoon vegetable oil pure crisco®

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ wire rack

## Directions

- ☐ COMBINE flour, milk, eggs, oil and salt in medium bowl, whisking until smooth. Cover and refrigerate 1 hour.
- ☐ COAT an 8-inch nonstick skillet lightly with no-stick cooking spray; heat skillet over medium heat.
- ☐ Add 2 tablespoons batter, tilting skillet quickly for batter to cover entire base of pan. Cook over medium heat 30 to 60 seconds or until bottom is light brown. Loosen and carefully turn crepe over; cook an additional 30 to 45 seconds or until bottom is light brown. Cool on wire rack. Repeat with remaining batter.
- ☐ COMBINE preserves and 2 tablespoons orange juice in medium bowl, stirring until smooth. Stir in sliced strawberries.
- ☐ Combine ricotta cheese, chocolate chips, remaining 1 tablespoon orange juice, artificial sweetener and orange peel in small bowl; mix well. Spoon 2 tablespoons cheese mixture and 1/4 cup strawberry mixture lengthwise down the center of each crepe.
- ☐ Roll up and place on serving plate seam side down.
- ☐ Drizzle with chocolate syrup. Top with remaining strawberry mixture.
- ☐ TIP You may substitute 8 (9-inch) ready-to-use packaged crepes for the homemade crepes in this recipe. Eliminate steps 1 and 2 in the recipe directions. Begin with step

## Nutrition Facts

PROTEIN 15.3% FAT 37.7% CARBS 47%

## Properties

Glycemic Index:29, Glycemic Load:4.88, Inflammation Score:-4, Nutrition Score:7.7295653094416%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 158.54kcal (7.93%), Fat: 7.25g (11.15%), Saturated Fat: 3.75g (23.41%), Carbohydrates: 20.32g (6.77%), Net Carbohydrates: 18.36g (6.68%), Sugar: 10.48g (11.65%), Cholesterol: 64.07mg (21.36%), Sodium: 93.91mg (4.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.62g (13.24%), Vitamin C: 35.11mg (42.56%), Selenium: 10.93µg (15.62%), Manganese: 0.28mg (13.96%), Phosphorus: 110.8mg (11.08%), Vitamin B2: 0.17mg (10.18%), Calcium: 97.63mg (9.76%), Folate: 35.34µg (8.83%), Fiber: 1.77g (7.1%), Iron: 1.01mg (5.63%), Potassium: 189.4mg (5.41%), Vitamin B1: 0.08mg (5.03%), Zinc: 0.74mg (4.96%), Magnesium: 19.51mg (4.88%), Vitamin A: 242.63IU (4.85%), Vitamin B12: 0.28µg (4.59%), Copper: 0.08mg (4.11%), Vitamin B5: 0.41mg (4.05%), Vitamin B6: 0.07mg (3.74%), Vitamin B3: 0.61mg (3.07%), Vitamin E: 0.43mg (2.86%), Vitamin D: 0.42µg (2.83%), Vitamin K: 2.81µg (2.68%)