



Southwestern Cornbread Crêpes

 Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



783 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 medium apples chopped
- 28 ounce canned tomatoes crushed canned
- 16 cornbread crêpes
- 2 garlic cloves minced
- 1 chile pepper green chopped
- 1.5 pounds ground beef
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground cumin

- 1 medium onion chopped
- 0.8 cup pecans toasted chopped
- 0.5 cup raisins
- 1 medium size potatoes red peeled chopped
- 1 teaspoon salt
- 1 teaspoon sugar
- 1 teaspoon liquid from peppers in vinegar hot
- 2 tablespoons vinegar white

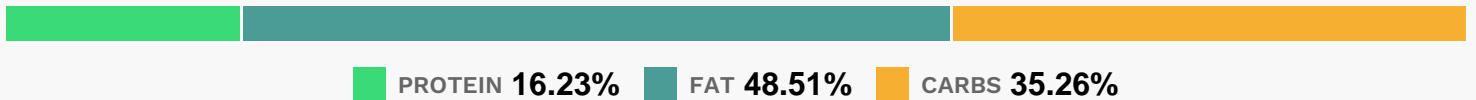
Equipment

- frying pan

Directions

- Brown ground chuck in a large skillet over medium heat, stirring until it crumbles and is no longer pink; drain. Stir in onion and next 12 ingredients; bring to a boil. Cover, reduce heat, and simmer, stirring occasionally, 40 minutes. Spoon onto Cornbread Crpes, and roll up.
- Sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:67.18, Glycemic Load:11.9, Inflammation Score:-6, Nutrition Score:27.696087015712%

Flavonoids

Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg, Cyanidin: 2.33mg Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg, Delphinidin: 1.19mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin:

0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg, Quercetin: 6.25mg

Nutrients (% of daily need)

Calories: 783.4kcal (39.17%), Fat: 42.89g (65.99%), Saturated Fat: 13.17g (82.32%), Carbohydrates: 70.14g (23.38%), Net Carbohydrates: 62.02g (22.55%), Sugar: 26.78g (29.75%), Cholesterol: 115.7mg (38.57%), Sodium: 1062.16mg (46.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.29g (64.58%), Manganese: 1.28mg (64.12%), Vitamin B12: 2.91µg (48.53%), Zinc: 7.11mg (47.4%), Vitamin B6: 0.87mg (43.58%), Vitamin B3: 8.62mg (43.1%), Iron: 6.67mg (37.04%), Potassium: 1296.2mg (37.03%), Phosphorus: 361.88mg (36.19%), Copper: 0.7mg (34.86%), Fiber: 8.12g (32.46%), Selenium: 22.63µg (32.32%), Vitamin C: 24.81mg (30.08%), Vitamin B1: 0.36mg (23.79%), Magnesium: 93.86mg (23.46%), Vitamin B2: 0.36mg (21.34%), Vitamin E: 2.87mg (19.11%), Calcium: 146.11mg (14.61%), Vitamin B5: 1.45mg (14.5%), Vitamin K: 13.79µg (13.13%), Folate: 47.31µg (11.83%), Vitamin A: 381.04IU (7.62%)