



Strawberry and Mascarpone Crepes with Strawberry Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



36 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



1 pound ingredients: strawberries hulled sliced (and)

Equipment

Directions



Mix the strawberries and sugar and let sit for 10 minutes.

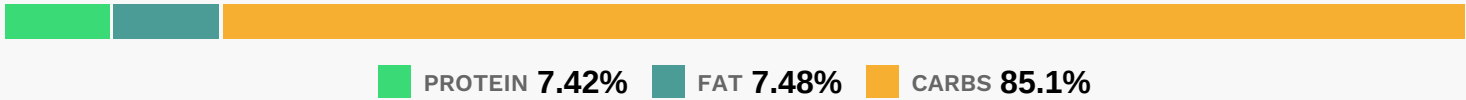


Mix the mascarpone, yogurt and sugar and let sit for 10 minutes.

- ☐
- Meanwhile, make the crepes.

☐☐

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:2.58, Inflammation Score:-4, Nutrition Score:6.659130398346%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 36.29kcal (1.81%), Fat: 0.34g (0.52%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 8.71g (2.9%), Net Carbohydrates: 6.44g (2.34%), Sugar: 5.55g (6.16%), Cholesterol: 0mg (0%), Sodium: 1.13mg (0.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.52%), Vitamin C: 66.68mg (80.82%), Manganese: 0.44mg (21.89%), Fiber: 2.27g (9.07%), Folate: 27.22µg (6.8%), Potassium: 173.5mg (4.96%), Magnesium: 14.74mg (3.69%), Phosphorus: 27.22mg (2.72%), Copper: 0.05mg (2.72%), Vitamin B6: 0.05mg (2.66%), Iron: 0.46mg (2.58%), Vitamin K: 2.49µg (2.38%), Vitamin B3: 0.44mg (2.19%), Vitamin E: 0.33mg (2.19%), Vitamin B1: 0.03mg (1.81%), Calcium: 18.14mg (1.81%), Vitamin B2: 0.02mg (1.47%), Vitamin B5: 0.14mg (1.42%), Zinc: 0.16mg (1.06%)