



Strawberry-Banana Crepes

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



178 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 0.8 cup milk
- 2 eggs
- 1.5 cups whipping cream
- 0.3 cup sugar
- 2 banana sliced
- 2 cups strawberries fresh frozen thawed sliced
- 0.3 cup walnut pieces chopped
- 1 cup frangelico

Equipment

- bowl
- frying pan
- hand mixer
- spatula

Directions

- In small bowl, stir all crepe ingredients until blended. Grease 6- or 7-inch skillet with shortening or cooking spray; heat over medium-high heat. For each crepe, pour 2 tablespoons batter into skillet; rotate skillet until batter covers bottom. Cook until golden brown. Gently loosen edge with metal spatula; turn and cook other side until golden brown. Stack crepes as you remove them from skillet, placing waxed paper between each. Keep crepes covered to prevent them from drying out.
- In chilled medium bowl, beat whipping cream and sugar with electric mixer on high speed until stiff. Spoon about 3 tablespoons whipped cream down center of each crepe; top with 4 or 5 banana slices.
- Roll up; top each crepe with whipped cream, strawberries and walnuts.

Nutrition Facts

 **PROTEIN 6.53%**  **FAT 66.58%**  **CARBS 26.89%**

Properties

Glycemic Index:18.57, Glycemic Load:5.93, Inflammation Score:-4, Nutrition Score:5.2204348263533%

Flavonoids

Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg, Cyanidin: 0.47mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 177.95kcal (8.9%), Fat: 13.66g (21.02%), Saturated Fat: 7.53g (47.07%), Carbohydrates: 12.42g (4.14%), Net Carbohydrates: 11.27g (4.1%), Sugar: 9.42g (10.47%), Cholesterol: 62.73mg (20.91%), Sodium: 24.77mg (1.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.01g (6.03%), Vitamin C: 16.03mg (19.43%), Manganese: 0.23mg (11.6%), Vitamin A: 517.58IU (10.35%), Vitamin B2: 0.13mg (7.92%), Phosphorus: 65.7mg (6.57%), Vitamin B6: 0.13mg (6.44%), Selenium: 3.87µg (5.53%), Vitamin D: 0.79µg (5.27%), Potassium: 179.22mg (5.12%), Calcium: 49.75mg (4.98%), Fiber: 1.15g (4.62%), Magnesium: 17.07mg (4.27%), Folate: 16.72µg (4.18%), Copper: 0.07mg (3.73%), Vitamin B5: 0.35mg (3.55%), Vitamin B12: 0.2µg (3.25%), Vitamin E: 0.46mg (3.1%), Vitamin B1: 0.04mg (2.51%), Zinc: 0.37mg (2.45%), Iron: 0.38mg (2.11%), Vitamin K: 1.71µg (1.63%), Vitamin B3: 0.29mg (1.46%)