






 **9%**
HEALTH SCORE

Strawberry Cheesecake Chocolate Crepes

 Vegetarian  Popular

READY IN

40 min.

SERVINGS

4

CALORIES

618 kcal

MORNING MEAL BRUNCH BREAKFAST DESSERT

Ingredients

- 8 oz cream cheese
- 1.3 cup strawberries diced
- 1 tsp vanilla extract
- 1 tsp juice of lemon
- 2 tbsp granulated sugar
- 1.5 cups flour all-purpose
- 0.3 cup cocoa powder unsweetened
- 0.1 tsp kosher salt

- 3 eggs
- 1.3 cups milk
- 0.3 cup water
- 4 tbsp butter unsalted melted
- 0.5 tsp vanilla extract

Equipment

- food processor
- bowl
- frying pan
- mixing bowl
- blender
- hand mixer
- wooden spoon
- spatula

Directions

- How to Make Strawberry Creme Cheese Filling
- Add cream cheese, strawberries, vanilla extract, lemon juice, and granulated sugar into a medium-sized mixing bowl.
- Use a hand mixer, wooden spoon, or spatula to mix ingredients.
- Mix until smooth.
- Set aside.
- How to Blend Chocolate Crepes Ingredients
- Combine flour, sugar, cocoa powder, salt, and eggs to a food processor or blender.
- If using a food processor, keep it running as you add milk and water. Continue to pulse until blended well.
- Pour in melted butter and vanilla extract.
- Set bowl aside.

- How to Make Chocolate Crepes
- Heat crepe pan or 8"-10" omelet pan over medium heat.
- Pour 1/4 cup of batter directly into the middle of the pan and swirl to cover the bottom.
- Cook the crepe for 2-3 minutes or until the bottom is light brown and the edges are completely set.
- Flip the crepe over and cook for an additional minute.
- Transfer to a serving platter and repeat for the rest of the batter.

Nutrition Facts

■ **PROTEIN 10.46%**
■ **FAT 54.25%**
■ **CARBS 35.29%**

Properties

Glycemic Index:62.52, Glycemic Load:33.29, Inflammation Score:-8, Nutrition Score:20.23652173913%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg, Delphinidin: 0.14mg Pelargonidin: 11.18mg, Pelargonidin: 11.18mg, Pelargonidin: 11.18mg, Pelargonidin: 11.18mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg, Catechin: 4.88mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 10.75mg, Epicatechin: 10.75mg, Epicatechin: 10.75mg, Epicatechin: 10.75mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Taste

Sweetness: 92.66%, Saltiness: 91.28%, Sourness: 68.72%, Bitterness: 32.13%, Savoriness: 40.89%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 618.39kcal (30.92%), Fat: 37.95g (58.39%), Saturated Fat: 21.71g (135.7%), Carbohydrates: 55.54g (18.51%), Net Carbohydrates: 51.38g (18.68%), Sugar: 14.57g (16.19%), Cholesterol: 219.71mg (73.24%), Sodium: 331.57mg

(14.42%), Alcohol: 0.54g (3.01%), Caffeine: 12.36mg (4.12%), Protein: 16.47g (32.94%), Selenium: 33.47µg (47.82%), Vitamin B2: 0.65mg (38.15%), Manganese: 0.72mg (36.15%), Vitamin C: 26.94mg (32.66%), Phosphorus: 307.5mg (30.75%), Vitamin B1: 0.45mg (30.21%), Folate: 119.59µg (29.9%), Vitamin A: 1423.53IU (28.47%), Iron: 3.76mg (20.87%), Calcium: 192.58mg (19.26%), Copper: 0.33mg (16.7%), Fiber: 4.16g (16.63%), Vitamin B3: 3.23mg (16.14%), Magnesium: 61.89mg (15.47%), Vitamin B12: 0.85µg (14.24%), Vitamin B5: 1.41mg (14.07%), Potassium: 442.63mg (12.65%), Zinc: 1.8mg (11.98%), Vitamin D: 1.71µg (11.41%), Vitamin B6: 0.18mg (9.19%), Vitamin E: 1.37mg (9.12%), Vitamin K: 3.78µg (3.6%)