



Strawberry Hazelnut Crepes



Vegetarian

READY IN

ready

145 min.

SERVINGS

servings

8

CALORIES

calories

431 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 tablespoons butter melted
- ☐ 8 servings hazelnut spread such as nutella
- ☐ 4 eggs
- ☐ 1.5 cups flour
- ☐ 1 cup milk
- ☐ 1 pinch salt
- ☐ 8 servings strawberries sliced

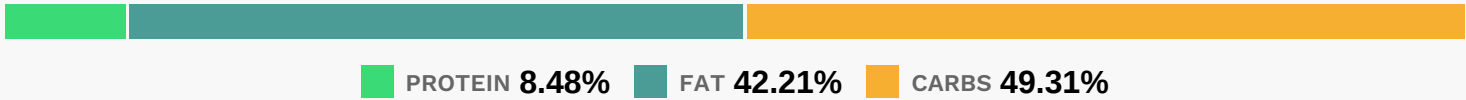
Equipment

- ☐ frying pan
- ☐ blender

Directions

- ☐ In a blender, add the eggs, milk and 1 cup water.
- ☐ Add the flour, pour in the melted butter and add the salt. Blend on high until well mixed, pausing to scrape the sides as needed.
- ☐ Transfer the batter to a container and refrigerate at least 2 hours before use.
- ☐ Heat a 12-inch nonstick skillet over medium-high heat.
- ☐ Add 1/2 cup batter while swirling the pan to coat the pan's bottom. Cook 1 to 2 minutes, and then carefully flip the crepe.
- ☐ Spread some hazelnut spread and add some fresh sliced strawberries to the top right area of each crepe. Fold, remove from the skillet and serve.
- ☐ This recipe was provided by a professional chef or restaurant and may have been scaled down from a bulk recipe. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.

Nutrition Facts



Properties

Glycemic Index:29.04, Glycemic Load:22.94, Inflammation Score:-7, Nutrition Score:18.812173760456%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg

Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 430.77kcal (21.54%), Fat: 20.4g (31.38%), Saturated Fat: 15.42g (96.37%), Carbohydrates: 53.62g (17.87%), Net Carbohydrates: 48.11g (17.49%), Sugar: 28.64g (31.82%), Cholesterol: 100.55mg (33.52%), Sodium: 109.76mg (4.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.22g (18.44%), Vitamin C: 84.67mg (102.63%), Manganese: 1.04mg (52.21%), Selenium: 17.26µg (24.65%), Folate: 93.18µg (23.3%), Fiber: 5.51g (22.04%), Vitamin B2: 0.36mg (20.9%), Iron: 3.68mg (20.47%), Phosphorus: 192.16mg (19.22%), Vitamin B1: 0.28mg (18.41%), Vitamin E: 2.68mg (17.84%), Copper: 0.29mg (14.63%), Potassium: 473.78mg (13.54%), Magnesium: 54mg (13.5%), Calcium: 118.03mg (11.8%), Vitamin B3: 2.15mg (10.75%), Vitamin B5: 0.87mg (8.73%), Vitamin B6: 0.16mg (8.23%), Vitamin B12: 0.47µg (7.87%), Zinc: 1.17mg (7.82%), Vitamin A: 361.53IU (7.23%), Vitamin D: 0.78µg (5.17%), Vitamin K: 4.59µg (4.37%)