



Super-Simple Apple-Cinnamon Dessert Crepes

READY IN



25 min.

SERVINGS



2

CALORIES



160 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 teaspoon caramel dip light fat-free room temperature
- ☐ 0.1 teaspoon cinnamon
- ☐ 0.3 teaspoon cornstarch
- ☐ 2 ready-to-use dessert crepes (can be found in the produce aisle)
- ☐ 0.5 cup fuji apple diced
- ☐ 1 teaspoon granulated sugar
- ☐ 0.1 teaspoon juice of lemon
- ☐ 2 servings powdered sugar for optional garnish
- ☐ 1 tablespoon reduced-fat/light cream cheese room temperature

- ☐ 1 Dash salt
- ☐ 0.5 cup non-dairy whipped topping fat-free frozen thawed

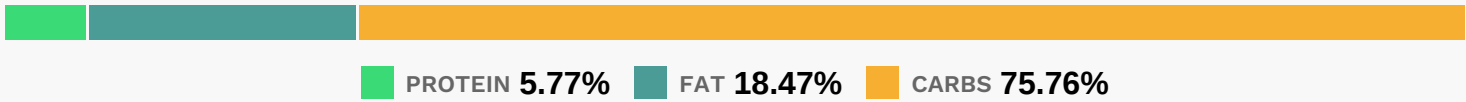
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ stove

Directions

- ☐ In a small nonstick pot on the stove, combine sugar, cornstarch, cinnamon, and salt with 2 tablespoons of cold water. Stir to dissolve.
- ☐ Add apples and lemon juice and stir. Bring to medium heat and cover. Cook until the apples have softened and liquid has thickened, about 5 minutes, uncovering often to stir.
- ☐ Remove the pot from heat and transfer the mixture to a bowl. Allow it to cool for several minutes. Thoroughly stir in cream cheese. Fold in whipped topping.
- ☐ Lay crepes flat on a dry surface. Evenly distribute the apple mixture between the crepes. Fold each crepe up envelope-style, first folding the sides in, and then folding/rolling it up from the bottom.
- ☐ Bring a skillet sprayed with nonstick spray to medium heat.
- ☐ Place the crepes in the skillet with the seam-sides down. Cook them until slightly browned, about 1 minute per side. (Flip carefully.)
- ☐ Plate your crepes and drizzle them with caramel dip. If you like, sprinkle with powdered sugar. Try not to pass out as you dig in!

Nutrition Facts



Properties

Glycemic Index:86.05, Glycemic Load:3.77, Inflammation Score:-1, Nutrition Score:2.1108695488909%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 159.8kcal (7.99%), Fat: 3.34g (5.14%), Saturated Fat: 1.79g (11.17%), Carbohydrates: 30.84g (10.28%), Net Carbohydrates: 29.94g (10.89%), Sugar: 22.11g (24.56%), Cholesterol: 13.19mg (4.4%), Sodium: 145.32mg (6.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.69%), Vitamin B2: 0.15mg (8.61%), Vitamin B12: 0.35µg (5.9%), Calcium: 47.95mg (4.8%), Fiber: 0.89g (3.58%), Phosphorus: 30.53mg (3.05%), Vitamin B1: 0.04mg (2.58%), Potassium: 78.56mg (2.24%), Vitamin B6: 0.04mg (2.05%), Vitamin C: 1.57mg (1.91%), Vitamin A: 92.51IU (1.85%), Manganese: 0.03mg (1.72%), Folate: 5.72µg (1.43%), Iron: 0.26mg (1.43%), Selenium: 0.98µg (1.4%), Magnesium: 4.18mg (1.05%)