



Sweet Crepes

READY IN



88 min.

SERVINGS



5

CALORIES



788 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 5 servings bananas sliced
- ☐ 1 tablespoon butter melted plus more for cooking crepes
- ☐ 5 servings nutella (recommended: Nutella)
- ☐ 2 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 5 servings honey
- ☐ 5 servings jam
- ☐ 5 servings peanut butter
- ☐ 1 teaspoons salt

- ☐ 2 tablespoons sugar
- ☐ 5 servings sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1 cup milk whole (preferably)

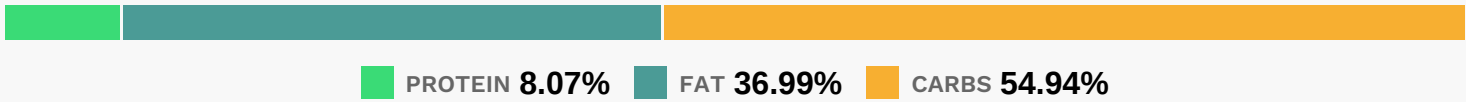
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Put the flour and salt and in a large mixing bowl. Gradually whisk in the milk.
- ☐ Whisk in the eggs, 1 at a time, and then whisk in the sugar, melted butter, and vanilla. Cover and let rest in the refrigerator for about 1 hour.
- ☐ Heat an 8-inch nonstick skillet over medium-high heat. Melt a small pat of butter in the pan and swirl around so that it lightly coats the surface.
- ☐ Add 1/3 cup of the batter and move your wrist in a circular pattern to coat the pan with thin even layer of batter. Cook for about 1 minute or until the first side browns lightly, then flip and cook 45 seconds to 1 minute longer.
- ☐ Remove to a plate and repeat with remaining batter.
- ☐ Fill with jam, honey, sugar, chocolate hazelnut spread, peanut butter, bananas – anything sweet that you enjoy from your pantry.

Nutrition Facts



Properties

Glycemic Index:101.71, Glycemic Load:54.32, Inflammation Score:-7, Nutrition Score:22.062608718872%

Flavonoids

Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg, Catechin: 7.69mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg 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: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 788.1kcal (39.4%), Fat: 33.51g (51.56%), Saturated Fat: 16.81g (105.06%), Carbohydrates: 112g (37.33%), Net Carbohydrates: 104.45g (37.98%), Sugar: 73.44g (81.6%), Cholesterol: 77.35mg (25.78%), Sodium: 687.6mg (29.9%), Alcohol: 0.14g (100%), Alcohol %: 0.05% (100%), Protein: 16.45g (32.9%), Manganese: 1.28mg (64.08%), Vitamin B6: 0.71mg (35.43%), Vitamin E: 5.19mg (34.57%), Vitamin B3: 6.44mg (32.21%), Magnesium: 124.93mg (31.23%), Fiber: 7.55g (30.2%), Phosphorus: 301.6mg (30.16%), Vitamin B2: 0.48mg (28.16%), Potassium: 920.44mg (26.3%), Folate: 102.91µg (25.73%), Selenium: 17.18µg (24.54%), Copper: 0.47mg (23.54%), Iron: 3.82mg (21.23%), Vitamin B1: 0.3mg (19.97%), Vitamin C: 12.76mg (15.46%), Vitamin B5: 1.44mg (14.38%), Calcium: 140.22mg (14.02%), Zinc: 1.99mg (13.24%), Vitamin B12: 0.52µg (8.75%), Vitamin A: 325.82IU (6.52%), Vitamin D: 0.89µg (5.93%), Vitamin K: 1.88µg (1.79%)