



Sweet 'n Sticky Crepe

READY IN



90 min.

SERVINGS



8

CALORIES



430 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 Tbsp butter melted
- 2 eggs
- 1 cup flour
- 5 cups milk divided
- 0.5 tsp salt
- 1 oz baker's semi-sweet chocolate melted
- 1 cup planters slivered almonds toasted
- 1.3 cups sugar
- 0.5 tsp vanilla

1 cup cool whip whipped topping thawed

Equipment

frying pan

sauce pan

ladle

blender

wooden spoon

Directions

Heat sugar and 1 qt. (4 cups) of the milk in small heavy-bottomed saucepan on medium-low heat until mixture just begins to boil. Reduce heat to low; simmer 1 hour, stirring occasionally with a wooden spoon. (Filling is cooked when the mixture is thick and caramel colored.)

Place eggs, remaining 1 cup milk, the butter, flour and salt in blender container; cover. Blend on medium speed until well blended and smooth.

Let stand 20 min.

Ladle 1/4 cup batter into lightly greased hot skillet. Cook until lightly browned on each side. Repeat to make a total of 8 crepes. Spoon 2 Tbsp. filling down center of each crepe.

Roll up.

Serve crepes warm, topped with the chocolate, almonds and whipped topping.

Nutrition Facts



PROTEIN 10.35% **FAT 37.59%** **CARBS 52.06%**

Properties

Glycemic Index:30.39, Glycemic Load:33.27, Inflammation Score:-5, Nutrition Score:13.225217186886%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Naringenin: 0.06mg,

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg, Isorhamnetin: 0.36mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 430.31kcal (21.52%), Fat: 18.38g (28.28%), Saturated Fat: 7.38g (46.14%), Carbohydrates: 57.27g (19.09%), Net Carbohydrates: 54.88g (19.96%), Sugar: 42.74g (47.49%), Cholesterol: 67.25mg (22.42%), Sodium: 249.63mg (10.85%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Caffeine: 3.05mg (1.02%), Protein: 11.39g (22.79%), Vitamin B2: 0.51mg (29.96%), Phosphorus: 274.63mg (27.46%), Vitamin E: 3.81mg (25.38%), Calcium: 242.53mg (24.25%), Manganese: 0.47mg (23.67%), Selenium: 12.87µg (18.39%), Magnesium: 66.51mg (16.63%), Vitamin B1: 0.24mg (16.22%), Vitamin B12: 0.95µg (15.88%), Vitamin D: 1.9µg (12.65%), Potassium: 391.06mg (11.17%), Copper: 0.22mg (10.93%), Folate: 40.09µg (10.02%), Fiber: 2.39g (9.57%), Zinc: 1.41mg (9.39%), Iron: 1.67mg (9.28%), Vitamin B5: 0.88mg (8.84%), Vitamin B3: 1.62mg (8.11%), Vitamin A: 404.01IU (8.08%), Vitamin B6: 0.14mg (7.02%), Vitamin K: 1.34µg (1.28%)