



Tortilla Crepes

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



75 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 4 oz philadelphia cream cheese softened ()
- 1 eggs
- 4 8-inch flour tortillas ()
- 2 Tbsp milk
- 1 Tbsp oil
- 2 Tbsp pancake syrup
- 1.5 cups strawberries fresh sliced
- 2 Tbsp sugar divided

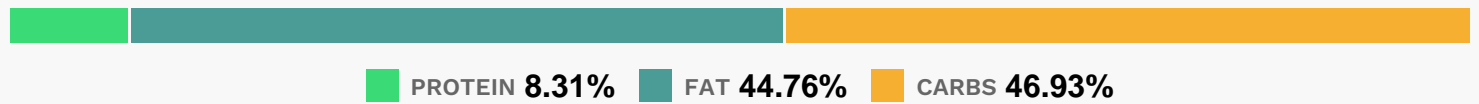
Equipment

- frying pan
- whisk

Directions

- Reserve 2 tsp. sugar. Toss strawberries with remaining sugar.
- Spread tortillas with cream cheese. Spoon 1/4 cup strawberries onto each tortilla; fold in half.
- Whisk egg, milk and reserved sugar in pie plate until blended.
- Heat oil in large skillet on medium-high heat. Dip filled tortillas, 1 at a time, in egg mixture; cook 1 min. on each side or until lightly browned on both sides.
- Serve topped with remaining strawberries and maple-flavored syrup.

Nutrition Facts



Properties

Glycemic Index:10.45, Glycemic Load:2.79, Inflammation Score:-1, Nutrition Score:2.3413043346094%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.68mg, Pelargonidin: 2.68mg, Pelargonidin: 2.68mg, Pelargonidin: 2.68mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 75.29kcal (3.76%), Fat: 3.79g (5.83%), Saturated Fat: 1.61g (10.08%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 8.37g (3.04%), Sugar: 2.4g (2.66%), Cholesterol: 14.17mg (4.72%), Sodium: 98.65mg (4.29%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.17%), Vitamin C: 6.35mg (7.7%), Selenium: 3.53µg (5.04%), Manganese: 0.1mg (4.76%), Vitamin B1: 0.06mg (3.81%), Phosphorus: 35.74mg (3.57%), Folate: 13.72µg (3.43%), Vitamin B2: 0.06mg (3.34%), Iron: 0.46mg (2.56%), Calcium: 25.25mg (2.52%), Vitamin B3: 0.5mg (2.51%), Fiber: 0.57g (2.29%), Vitamin A: 92.97IU (1.86%), Vitamin K: 1.6µg (1.53%), Vitamin E: 0.23mg (1.51%), Potassium: 42.13mg (1.2%), Magnesium: 4.64mg (1.16%), Copper: 0.02mg (1.13%), Vitamin B5: 0.1mg (1.02%)