



Warm Chocolate Banana "Crepes"

READY IN



20 min.

SERVINGS



6

CALORIES



414 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 3 medium bananas sliced
- 6 Tbsp brown sugar
- 6 Tbsp butter
- 3 10-inch flour tortillas ()
- 1 pkg vanilla flavor pudding instant (4-serving size)
- 1.5 cups milk
- 6 Tbsp cool whip vanilla whipped topping french thawed

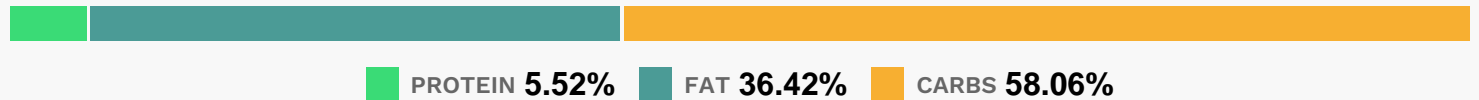
Equipment

- bowl
- frying pan
- whisk

Directions

- Beat dry pudding mix into milk in bowl with wire whisk 2 min.; set aside.
- Place butter and brown sugar in large skillet; cook on medium heat until butter is melted and mixture is well blended, stirring occasionally.
- Add banana slices; cook and stir 2 min. or until heated through.
- Remove banana mixture from skillet; place in bowl. Cover to keep warm.
- Heat tortillas, 1 at a time, in same skillet; remove from skillet. Spoon about 1/2 cup pudding mixture evenly down center of each tortilla; top evenly with the banana mixture. Fold in both ends of tortilla, then roll up.
- Cut each tortilla crosswise in half.
- Place each half, seam side down, on serving plate. Top with whipped topping.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:29.46, Glycemic Load:13.08, Inflammation Score:-5, Nutrition Score:9.2226087114085%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 414.34kcal (20.72%), Fat: 17.11g (26.33%), Saturated Fat: 10.04g (62.78%), Carbohydrates: 61.39g (20.46%), Net Carbohydrates: 58.54g (21.29%), Sugar: 36.84g (40.93%), Cholesterol: 37.94mg (12.65%), Sodium: 480.88mg (20.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.83g (11.66%), Manganese: 0.34mg (17.18%), Phosphorus: 154.23mg (15.42%), Vitamin B1: 0.23mg (15.34%), Calcium: 146.44mg (14.64%), Selenium:

10.09µg (14.42%), Vitamin B6: 0.28mg (14.03%), Vitamin B2: 0.24mg (13.94%), Fiber: 2.86g (11.42%), Folate: 45.38µg (11.35%), Potassium: 373.58mg (10.67%), Vitamin B3: 2.03mg (10.14%), Vitamin A: 494.77IU (9.9%), Iron: 1.53mg (8.5%), Magnesium: 32.63mg (8.16%), Vitamin C: 5.13mg (6.22%), Vitamin B12: 0.36µg (6.04%), Vitamin B5: 0.51mg (5.13%), Copper: 0.09mg (4.62%), Vitamin D: 0.67µg (4.47%), Vitamin K: 4.14µg (3.94%), Zinc: 0.55mg (3.65%), Vitamin E: 0.44mg (2.94%)