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## Fruit Crepe w/Blueberry Compote

A delicious crepe filled with fresh fruits and topped with a sweet blueberry compote.  
Perfect for breakfast or brunch.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 20 mins

**Total Time:** 35 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

125 g	All-Purpose Flour
250 ml	Milk
2	Eggs
0.5 tsp	Salt
2 tsp	Sugar
2 tbsp	Butter

<b>200 g</b>	blueberries
<b>2 tbsp</b>	Lemon juice
<b>2 tbsp</b>	Honey
<b>200 g</b>	mixed fruits (strawberries, bananas, kiwi)

## Directions

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### Step 1

#### Mixing

In a bowl, whisk together flour, milk, eggs, salt, and sugar to make the crepe batter.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 2

#### Cooking

Heat a non-stick skillet over medium heat and melt butter. Pour a ladle of batter into the skillet and swirl it around to form a thin crepe. Cook for 1-2 minutes on each side until golden brown. Repeat with the remaining batter.

**Prep Time:** 5 mins

**Cook Time:** 15 mins

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### Step 3

#### Cooking

In a saucepan, combine blueberries, lemon juice, and honey. Cook over medium heat until the blueberries burst and release their juices, about 5 minutes. Remove from heat and let cool.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

## Step 4

Spread a spoonful of blueberry compote on each crepe. Top with mixed fruits and fold the crepe. Serve warm.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 5 g

**Protein:** 5 g

**Carbohydrates:** 22 g

## Nutrition Facts

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## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	22 g	40%	44%
Fibers	2 g	5.26%	8%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	5 g	17.86%	20%
Cholesterol	70 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	5 iu	0.56%	0.71%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	10 mg	1%	1%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Seasonality

Spring Summer

### Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

## Nutritional Content

Low Calorie

High Protein

Low Carb

Low Sodium

## Course

Main Dishes

Desserts

Drinks

Breads

Salads

Snacks

Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

## Difficulty Level

Medium

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