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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

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

Directions

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

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

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

Calories: 150 kcal

Fat: 5 g

Protein: 5 g

Carbohydrates: 22 g

Nutrition Facts

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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