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Crepes nutrition information

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Crepes, the French equivalent of pancakes, boast larger diameters due to their thinness. Despite originating in France, these delicate treats can be found worldwide, often filled with fruit or meats for various meals. The nutritional content of crepes varies by restaurant but tends to be low-calorie, with a 10-inch diameter containing around 90 calories. In comparison, traditional breakfast items like scrambled eggs (140 calories) and American-style pancakes (94 calories per 4 inches) are higher in calories. Crepes also have relatively low fat content, with only 3g of total fat and 1g of saturated fat per 10-inch crepe. The American Heart Association recommends consuming less than 16g of saturated fat daily for optimal heart health. In contrast to other breakfast items, crepes are carbohydrate-rich, containing 13g of carbohydrates per 10-inch crepe. This amount is relatively low compared to pancakes, which contain more carbohydrates and sugar. One 10-inch wide crepe provides just 4g of sugar, and filling them with Greek yogurt or nut butter can increase the protein content significantly. Crepes are also moderately low in sodium (210mg per serving) and cholesterol (40mg per serving). 7% Carbs, 10g Fiber, 4% Sugar; 9g Net carbs; 3g Protein; 20mg Calcium; 0.4mg Iron; 5% Potassium; Vitamins and Minerals: Alpha carotene, Beta carotene, Caffeine, Choline, Copper, Fluoride, Folate, Lycopene, Magnesium, Manganese, Niacin, Pantothenic acid, Phosphorus, Retinol, Riboflavin, Selenium, Theobromine, Thiamine; Vitamins: A IU, B12, B6, C, D IU, D2, D3; E, K; Zinc; Sugars: Sucrose, Glucose, Fructose, Lactose, Maltose, Galactose, Starch; Fats: Saturated fats 0g, Monounsaturated fats, Polyunsaturated fats, Trans fats 0g; Amino Acids: Alanine, Arginine, Aspartic acid, Cystine, Glutamic acid, Glycine, Histidine, Hydroxyproline, Isoleucine, Leucine, Lysine, Methionine, Phenylalanine, Proline, Serine, Threonine, Tryptophan, Tyrosine, Valine.