

Sugars

Chia Seeds

Flaxseed or Linseed

ricotta

Lemon juice, raw

Amaranth, uncooked

food Synergy

Oats

Egg, whole, raw and fresh

Nutrient dense gluten-free crêpes

PERFECT

Buckwheat

Recipe and Nutrient content

food Synergy

Recipe

Nutrient dense gluten free crêpes

by Hartmut Günther

Packing as many nutrients as possible into a simple variation on the pancake theme. Excellent for kids. Little organic sugar and butter and squeezed lemon help them go down with delight.

All ingredients are organic. This recipe has been tested on 3 children aged 2-7 years of age. They had 2 crepes each (one adult portion!!) and stilled wanted more.

All the grains and seeds are whole. A simple inexpensive coffee grinder was used to turn the grains and seeds into flour.

Ingredients were mixed with water and left to sit for 24 hrs to facilitate better digestion.

This recipe makes **7 portions** that weigh about 247 grams each. Total weight of all ingredients in this recipe comes to 1726 grams.

The portion size is estimated based on what an adult woman would comfortably consume.

The accompanying nutrient analysis for this recipe is based on one portion.

Nutrient dense gluten free crêpes

Water, bottled, generic

3 X 1 cup (One serve is - 237 grams) | Total Weight of these servings: **711 grams**

Egg, whole, raw and fresh

6 X 1 large (One serve is - 50 grams) | Total Weight of these servings: **300 grams**

Buckwheat

4 X .25 cup (One serve is - 42.5 grams) | Total Weight of these servings: **170 grams**

Oats

4 X .25 Cup (One serve is - 39 grams) | Total Weight of these servings: **156 grams**

Amaranth, uncooked

3 X 4 tbsp (One serve is - 48.25 grams) | Total Weight of these servings: **144.75 grams**

Lemon juice, raw

2 X 1 lemon yields (One serve is - 48 grams) | Total Weight of these servings: **96 grams**

Flaxseed or Linseed

1 X 3 tbsp, whole (One serve is - 31 grams) | Total Weight of these servings: **31 grams**

Cheese, ricotta, whole milk

1 X 2 tbs (One serve is - 30 grams) | Total Weight of these servings: **30 grams**

Butter, without salt

6 X 1 pat (1" sq, 1/3" high) (One serve is - 5 grams) | Total Weight of these servings: **30 grams**

Chia Seeds

1 X 3 tbsp (One serve is - 27 grams) | Total Weight of these servings: **27 grams**

Sugars, brown

2 X 3 tsp unpacked (One serve is - 9 grams) | Total Weight of these servings: **18 grams**

Seeds, sunflower seed kernels, dried

.66 X 6 tbsp (One serve is - 17.25 grams) | Total Weight of these servings: **11.385 grams**

Salt, table

.2 X 1 tsp (One serve is - 6 grams) | Total Weight of these servings: **1.2 grams**

Nutrient Analysis

Recipe

Nutrient dense gluten free crêpes

Not all Nutrients have assigned RDI's & for this analysis RDI values are based on >>

Women 31-50 Years

Nutrient Name	Amount of nutrient	RDI of this nutrient	Percentage of the RDI
Ash			
TOTAL ASH	2.67 g		
Carbohydrate - Grand Total - includes Fibre, Starch & Sugars			
TOTAL CARBOHYDRATE	52.76 g		
Cholesterol			
Cholesterol	170.83 mg		
Energy			
TOTAL ENERGY in Kj	1719.62 kJ	9500.00 Kj/day	18.10%
TOTAL ENERGY in KCal	410.86 kcal	2270.00 kcal/day	18.10%
FAT - Grand Total			
GRAND TOTAL FAT	15.85 g		
FAT - Totals			
TOTAL TRANS FATS	0.16 g		
TOTAL SATURATED FATS	5.02 g		
TOTAL POLYUNSATURATED FATS	4.92 g		
TOTAL MONOUNSATURATED FATS	4.44 g		
Fibre			
TOTAL FIBRE	8.89 g	28.00 g/day	31.76%
Protein			
TOTAL PROTEIN	17.52 g	46.00 g/day	38.10%
Sugars - Total			
TOTAL SUGARS	3.47 g		

Water

RDI = Recommended Daily Intake | **RDI Data:** Based on material provided by the Australian Government's National Health and Medical Research Council | **Nutrient Data:** US Department of Agriculture (USDA), Agricultural Research Service, Nutrient Data Laboratory

Nutrient Name	Amount of nutrient	RDI of this nutrient	Percentage of the RDI
TOTAL WATER	157.87 g	2800.00 gr/day	5.64%

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Nutrient Analysis

Recipe | *Nutrient dense gluten free crêpes*

Vitamins

Nutrient Name	Amount of nutrient	RDI of this nutrient	Percentage of the RDI
Vitamins - All Water Soluble			
Pantothenic acid - Vitamin B5	1.66 mg	4.00 mg/day	41.39%
Riboflavin - Vitamin B2	0.40 mg	1.10 mg/day	36.61%
Choline, total	147.04 mg	425.00 mg/day	34.60%
Thiamin - Vitamin B1	0.36 mg	1.10 mg/day	32.78%
Pyridoxine - Vitamin B6	0.32 mg	1.30 mg/day	24.98%
Niacin - Vitamin B3	2.78 mg	14.00 mg/day	19.83%
Cobalamin - Vitamin B12	0.40 µg	2.40 ug/day	16.80%
Folate, Dietary Equivalents	67.82 µg	600.00 ug/day	11.30%
Ascorbic acid - Vitamin C	6.29 mg	190.00 mg/day	3.31%
Betaine	14.82 mg		
Vitamins - Fat Soluble			
Vitamin D	38.14 IU	200.00 IU	19.07%
Vitamin E (alpha-tocopherol)	1.43 mg	14.00 mg/day	10.18%
Vitamin A	103.08 µg	1220.00 ug/day	8.45%
Vitamin K (phylloquinone)	0.67 µg	60.00 ug/day	1.11%
Vitamin K (Dihydrophylloquinone)	0.04 µg		
Vitamin E (Tocotrienol, gamma)	0.06 mg		
Vitamin E (Tocotrienol, beta)	0.10 mg		
Vitamin E (Tocotrienol, alpha)	0.03 mg		
Vitamin E (gamma-tocopherol)	1.14 mg		
Vitamin E (delta-tocopherol)	0.18 mg		
Vitamin E (beta-tocopherol)	0.22 mg		
Lutein + zeaxanthin	252.25 µg		
Cryptoxanthin, beta	4.41 µg		
Carotene, beta	9.02 µg		

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Nutrient Analysis

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Minerals

Nutrient Name	Amount of nutrient	RDI of this nutrient	Percentage of the RDI
Minerals			
Magnesium, Mg	191.18 mg	320.00 mg/day	59.74%
Copper, Cu	0.68 mg	1.20 mg/day	56.43%
Phosphorus, P	482.20 mg	1000.00 mg/day	48.22%
Manganese, Mn	2.36 mg	5.00 mg/day	47.26%
Selenium (soil dependent)	23.86 µg	60.00 ug/day	39.77%
Zinc, Zn	3.13 mg	8.00 mg/day	39.07%
Iron, Fe	4.59 mg	18.00 mg/day	25.52%
Sodium, Na	137.87 mg	690.00 mg/day	19.98%
Calcium, Ca	133.24 mg	1000.00 mg/day	13.32%
Potassium, K	456.79 mg	4700.00 mg/day	9.72%
Fluoride, F	0.59 µg	3000.00 mcg/day	0.02%

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Nutrient Analysis

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Carbohydrate

Nutrient Name	Amount of nutrient	RDI of this nutrient	Percentage of the RDI
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Carbohydrate - Grand Total - includes Fibre, Starch & Sugars

TOTAL CARBOHYDRATE	52.76 g		
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Fibre

TOTAL FIBRE	8.89 g	28.00 g/day	31.76%
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Sugars - Total

TOTAL SUGARS	3.47 g		
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Starch

Starch	11.84 g		
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Sugars - Di Saccharide

Sucrose	2.87 g		
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Maltose	0.00 g		
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Sugars - Mono Saccharide

Glucose (dextrose)	0.40 g		
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Fructose	0.18 g		
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Nutrient Analysis

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Fats

Nutrient Name	Amount of nutrient	RDI of this nutrient	Percentage of the RDI
FAT - Grand Total			
GRAND TOTAL FAT	15.85 g		
FAT - Totals			
TOTAL TRANS FATS	0.16 g		
TOTAL SATURATED FATS	5.02 g		
TOTAL POLYUNSATURATED FATS	4.92 g		
TOTAL MONOUNSATURATED FATS	4.44 g		
FATS Poly-unsaturated			
TOTAL Linolenic Ω 3 Acid Omega 3	1.79 g	0.80 g/day	223.93%
TOTAL Linoleic Omega 6	3.00 g	8.00 g/day	37.47%
DHA Omega 3	0.02 g	0.43 gr/day	5.78%
EPA Omega 3	0.00 g	0.43 gr/day	0.05%
TOTAL DGLA Omega 6	0.01 g		
TOTAL Arachidonic acid Omega 6	0.08 g		
Parinaric acid 18:4 Omega 3	0.00 g		
Linoleic acid trans 18:2 Omega 6	0.01 g		
Linoleic acid mixed isomers 18:2 Omega	0.01 g		
Linoleic acid cis cis 18:2 Omega 6	0.98 g		
Linoleic acid (CLA) conjugated Omega 6	0.02 g		
Gamma-linolenic acid (GLA) Omega 6	0.01 g		
Fatty acids, total trans-polyenoic	0.02 g		
Eicosatrienoic acid (ETE) Omega 3	0.00 g		
Eicosadienoic acid Omega 6	0.01 g		
DPA Omega 3	0.00 g		
DGLA Omega 6	0.01 g		
Alpha-linolenic acid (ALA) Omega 3	0.73 g		
Adrenic acid Omega 6	0.01 g		

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Nutrient Name	Amount of nutrient	RDI of this nutrient	Percentage of the RDI
FATS Mono-unsaturated			
Trans-monoenoic total	0.14 g		
Palmitoleic acid trans 16:1 Omega 7	0.00 g		
Palmitoleic acid cis 16:1 Omega 7	0.13 g		
Palmitoleic acid 16:1 Omega 7	0.16 g		
Oleic acid trans 18:1 Omega 9	0.14 g		
Oleic acid cis 18:1 Omega 9	2.18 g		
Oleic acid 18:1 Omega 9	4.22 g		
Nervonic acid cis 24:1 Omega 9	0.00 g		
Myristoleic acid 14:1 Omega 5	0.00 g		
Heptadecenoic acid 17:1	0.01 g		
Erucic acid 22:1 Omega 9	0.00 g		
Eicosenoic acid 20:1 Omega 9	0.02 g		
FATS Saturated			
Stearic acid 18:0	1.03 g		
Pentadecylic acid 15:0	0.00 g		
Palmitic acid 16:0	2.86 g		
Myristic acid 14:0	0.41 g		
Margaric acid 17:0	0.04 g		
Lignoceric acid 24:0	0.00 g		
Lauric acid 12:0	0.13 g		
Caprylic acid 8:0	0.07 g		
Caproic acid 6:0	0.09 g		
Capric acid 10:0	0.13 g		
Butyric acid 4:0	0.16 g		
Behenic acid 22:0	0.01 g		
Arachidic acid 20:0	0.03 g		

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Protein & Amino Acids

Nutrient Name	Amount of nutrient	RDI of this nutrient	Percentage of the RDI
Protein			
TOTAL PROTEIN	17.52 g	46.00 g/day	38.10%
Amino Acids			
Hydroxyproline	0.01 g		
Glutamic acid	3.03 g		
Aspartic acid	1.67 g		
Alanine	0.98 g		
Amino Acids - Essential			
Tryptophan	0.25 g	0.61 gr/day	40.76%
Histidine	0.45 g	1.13 gr/day	39.81%
Threonine	0.70 g	2.04 gr/day	34.61%
Phenylalanine	0.86 g	2.49 gr/day	34.35%
Leucine	1.33 g	3.98 gr/day	33.33%
Isoleucine	0.80 g	2.46 gr/day	32.56%
Valine	1.02 g	3.14 gr/day	32.43%
Lysine	1.02 g	3.34 gr/day	30.41%
Methionine	0.38 g	1.39 gr/day	27.37%
Amino Acids - Essential - Conditionally			
Glycine	1.09 g	1.58 gr/day	68.90%
Proline	0.83 g	1.88 gr/day	44.21%
Arginine	1.31 g	3.00 gr/day	43.63%
Cystine	0.35 g	1.00 gr/day	34.66%
Serine	1.11 g	3.56 gr/day	31.34%
Tyrosine	0.55 g	1.83 gr/day	30.07%

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Auxiliary Food Substances

Nutrient Name	Amount of nutrient	RDI of this nutrient	Percentage of the RDI
Phytosterols			
Stigmasterol	0.49 mg		
Phytosterols	13.65 mg		
Campesterol	1.99 mg		
Beta-sitosterol	4.16 mg		

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