



Apple-Brie Braid with Almonds

READY IN



45 min.

SERVINGS



16

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 pound bread dough white frozen
- ☐ 4 ounces brie cheese
- ☐ 0.5 cup brown sugar divided packed
- ☐ 1 teaspoon flour all-purpose
- ☐ 1.3 pounds apples i use 2 granny smith apples peeled finely chopped
- ☐ 3 tablespoons slivered almonds chopped
- ☐ 2 tablespoons stick margarine divided

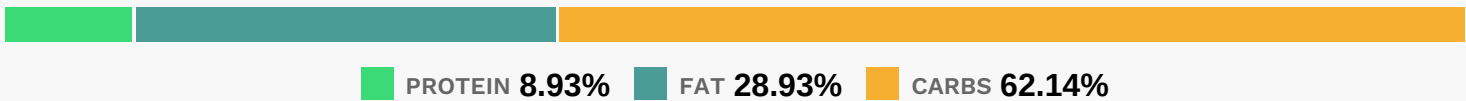
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Thaw dough in refrigerator 12 hours.
- ☐ Melt 1 tablespoon butter in a medium nonstick skillet over medium-high heat.
- ☐ Add apples; saut 10 minutes.
- ☐ Add 1/4 cup brown sugar; cook 5 minutes.
- ☐ Remove from heat; stir in almonds.
- ☐ Roll dough into a 15 x 12-inch rectangle on a lightly floured surface.
- ☐ Place on a baking sheet coated with cooking spray.
- ☐ Spread apple mixture lengthwise down center of dough.
- ☐ Remove rind from cheese; cube. Arrange cheese on top of apple mixture. Make diagonal cuts, 1 1/2 inches apart, on opposite sides of filling to within 1/2 inch of filling. Fold strips alternately over filling from each side, overlapping at an angle. Cover and let rise in a warm place (85), free from drafts 1 1/2 hours or until doubled in size.
- ☐ Preheat oven to 35
- ☐ Combine 1/4 cup brown sugar and flour in a medium bowl; cut in 1 tablespoon butter with a pastry blender or 2 knives until combined.
- ☐ Sprinkle over top of loaf.
- ☐ Bake at 350 for 30 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:9, Glycemic Load:1.39, Inflammation Score:-1, Nutrition Score:2.0691304329945%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 165.05kcal (8.25%), Fat: 5.28g (8.12%), Saturated Fat: 1.62g (10.15%), Carbohydrates: 25.52g (8.51%), Net Carbohydrates: 23.88g (8.68%), Sugar: 10.47g (11.63%), Cholesterol: 7.09mg (2.36%), Sodium: 197.64mg (8.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.33%), Fiber: 1.64g (6.56%), Vitamin E: 0.62mg (4.12%), Vitamin B2: 0.07mg (4.04%), Manganese: 0.06mg (3.15%), Phosphorus: 27.08mg (2.71%), Calcium: 26.49mg (2.65%), Vitamin A: 127.23IU (2.54%), Magnesium: 8.95mg (2.24%), Potassium: 72.49mg (2.07%), Vitamin C: 1.63mg (1.98%), Vitamin B12: 0.12µg (1.98%), Vitamin B6: 0.04mg (1.84%), Selenium: 1.23µg (1.76%), Folate: 6.81µg (1.7%), Copper: 0.03mg (1.68%), Zinc: 0.24mg (1.63%), Iron: 0.2mg (1.12%), Vitamin B1: 0.02mg (1.07%)