



Apricot Baked Brie

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



212 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup apricot preserves
- 8 oz round of président brie
- 0.3 cup pecans chopped
- 1 sheet puff pastry thawed (from 17.3-oz package)
- 2 tablespoons onion red finely chopped
- 1 tablespoon whipping cream (heavy)

Equipment

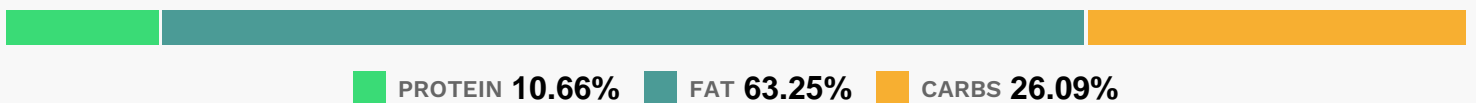
- bowl

- baking sheet
- baking paper
- oven
- aluminum foil

Directions

- Heat oven to 400F. Line cookie sheet with foil or cooking parchment paper; lightly spray foil or paper with cooking spray. In small bowl, mix preserves, pecans and onion; set aside.
- On lightly floured surface, roll pastry into 10x14-inch rectangle. Using the round of cheese as a pattern, cut a pastry circle 3 to 4 inches larger than the cheese. Set aside excess pastry.
- Spread half of the preserves mixture in center of pastry circle, leaving 3-inch edge.
- Place 1 cheese round (in rind) on preserves. Spoon remaining preserves over cheese. Top with remaining cheese round.
- Gently fold edges of pastry up and over cheese to cover, folding and pinching edges to seal.
- Place seam side down on cookie sheet.
- Cut out decorative pieces from excess pastry.
- Brush pastry with whipping cream; place pastry cutouts on top.
- Bake 20 to 25 minutes or until golden brown.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:5.05, Inflammation Score:-2, Nutrition Score:4.2600000163783%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate:

0.05mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 212.13kcal (10.61%), Fat: 15.11g (23.25%), Saturated Fat: 5.69g (35.54%), Carbohydrates: 14.03g (4.68%), Net Carbohydrates: 13.46g (4.89%), Sugar: 3.29g (3.65%), Cholesterol: 20.31mg (6.77%), Sodium: 172.75mg (7.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.73g (11.46%), Selenium: 7.94µg (11.35%), Manganese: 0.21mg (10.65%), Vitamin B2: 0.16mg (9.6%), Vitamin B1: 0.11mg (7.37%), Folate: 29.14µg (7.29%), Phosphorus: 55.48mg (5.55%), Vitamin B12: 0.31µg (5.23%), Vitamin B3: 0.95mg (4.77%), Zinc: 0.67mg (4.47%), Calcium: 40.93mg (4.09%), Iron: 0.71mg (3.95%), Vitamin K: 3.85µg (3.66%), Copper: 0.06mg (3.07%), Vitamin A: 145.24IU (2.9%), Vitamin B6: 0.06mg (2.86%), Magnesium: 10.31mg (2.58%), Fiber: 0.57g (2.29%), Potassium: 59.17mg (1.69%), Vitamin B5: 0.16mg (1.57%), Vitamin E: 0.21mg (1.39%)