



Apricot-Studded Brie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



711 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup all-natural apricot nectar
- 1 cup apricots dried diced
- 8 ounce round brie
- 16 ounce cream cheese softened
- 6 servings garnishes: additional apricot and fig cutouts dried
- 0.5 cup figs dried diced
- 0.5 cup golden raisins
- 0.3 cup honey

- 0.3 cup rum light
- 6 servings powdered sugar sifted
- 2 ounce honey-roasted cashews coarsely chopped

Equipment

- frying pan
- sauce pan
- mixing bowl
- plastic wrap
- hand mixer
- cheesecloth

Directions

- Combine first 3 ingredients in a medium saucepan; bring to a boil.
- Add 1 cup apricots, 1/2 cup figs, and raisins; stir well and cook 1 minute.
- Remove from heat. Cover and let stand 30 minutes.
- Drain and reserve juice. Set fruit aside.
- Remove rind from Brie.
- Cut cheese into cubes.
- Combine cream cheese and Brie in a large mixing bowl; beat at medium speed of an electric mixer until smooth. Stir in soaked fruit, cashews, and 1 tablespoon reserved juice.
- Soak a triple layer of cheesecloth in remaining reserved juice; squeeze out excess moisture. Line an 8" round cakepan with cheesecloth. Spoon cheese mixture into pan, spreading evenly. Cover and chill overnight.
- Remove cheese mixture from pan; discard cheesecloth. Coat surface of cheese with powdered sugar.
- Garnish, if desired. Wrap in plastic wrap.
- Serve with gingersnaps.

Nutrition Facts



■ PROTEIN 8.88% ■ FAT 51.82% ■ CARBS 39.3%

Properties

Glycemic Index:50.56, Glycemic Load:23.47, Inflammation Score:-9, Nutrition Score:15.893478072208%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 710.59kcal (35.53%), Fat: 41.39g (63.67%), Saturated Fat: 22.79g (142.44%), Carbohydrates: 70.61g (23.54%), Net Carbohydrates: 65.54g (23.83%), Sugar: 58.4g (64.89%), Cholesterol: 114.15mg (38.05%), Sodium: 484.51mg (21.07%), Alcohol: 3.34g (100%), Alcohol %: 1.56% (100%), Protein: 15.96g (31.93%), Vitamin A: 2367.43IU (47.35%), Vitamin B2: 0.47mg (27.89%), Phosphorus: 244.87mg (24.49%), Potassium: 774.26mg (22.12%), Copper: 0.43mg (21.56%), Calcium: 206.3mg (20.63%), Fiber: 5.06g (20.26%), Selenium: 13.98µg (19.98%), Magnesium: 68.37mg (17.09%), Manganese: 0.33mg (16.74%), Vitamin B6: 0.31mg (15.31%), Zinc: 2.13mg (14.19%), Vitamin B12: 0.79µg (13.17%), Vitamin E: 1.97mg (13.11%), Iron: 2.16mg (11.99%), Vitamin B5: 1.17mg (11.69%), Folate: 45.03µg (11.26%), Vitamin K: 11.37µg (10.83%), Vitamin C: 8.04mg (9.74%), Vitamin B1: 0.12mg (8.04%), Vitamin B3: 1.37mg (6.85%), Vitamin D: 0.19µg (1.26%)