



Baked Brie

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 servings apples sliced
- 6 servings baguette sliced
- 5 inch round brie
- 6 servings carrot sticks
- 6 servings celery stalks
- 6 servings pretzel twists

Equipment

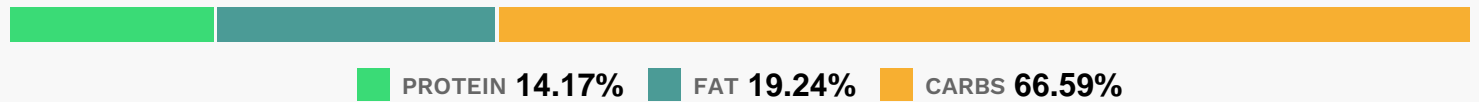
- frying pan

- oven
- aluminum foil

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Wrap the brie in a piece of foil to enclose it completely and put it on a sheet pan.
- Bake until the cheese is gooey like fondue, about 20 minutes.
- Serve with celery, carrots, apples, pretzels, and bread for dipping.

Nutrition Facts



Properties

Glycemic Index:48.76, Glycemic Load:26.1, Inflammation Score:-10, Nutrition Score:15.889999979216%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 275.8kcal (13.79%), Fat: 5.96g (9.17%), Saturated Fat: 2.86g (17.85%), Carbohydrates: 46.44g (15.48%), Net Carbohydrates: 41.75g (15.18%), Sugar: 12.63g (14.04%), Cholesterol: 14.17mg (4.72%), Sodium: 542.61mg (23.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.88g (19.77%), Vitamin A: 10813.95IU (216.28%), Vitamin B1: 0.44mg (29.31%), Folate: 93.89µg (23.47%), Manganese: 0.43mg (21.28%), Vitamin B2: 0.34mg (19.79%), Selenium: 13.17µg (18.82%), Fiber: 4.69g (18.74%), Vitamin B3: 3.7mg (18.51%), Iron: 2.59mg (14.41%), Calcium: 118.81mg (11.88%), Phosphorus: 118.23mg (11.82%), Vitamin K: 12.39µg (11.8%), Potassium: 377.4mg (10.78%), Vitamin B6: 0.22mg (10.76%), Vitamin C: 6.7mg (8.12%), Magnesium: 30.68mg (7.67%), Zinc: 1.03mg (6.89%), Copper: 0.13mg (6.39%),

Vitamin B5: 0.56mg (5.58%), Vitamin E: 0.76mg (5.08%), Vitamin B12: 0.23 μ g (3.9%)