



Baked Brie with Berry Rhubarb Compote

READY IN



40 min.

SERVINGS



4

CALORIES



769 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 0.5 cup rhubarb fresh finely chopped
- ☐ 0.3 cup onion red chopped
- ☐ 0.3 cup sugar
- ☐ 0.5 cup jam
- ☐ 1 teaspoon thyme sprigs fresh finely chopped
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 8 oz regular crescent rolls refrigerated canned (8 Count)

- ☐ 15 oz round of président brie
- ☐ 1 eggs well beaten

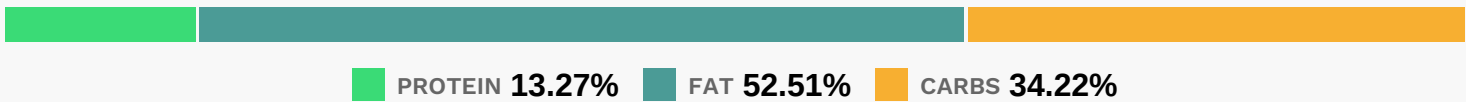
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ pastry brush

Directions

- ☐ Heat oven to 400°F. Line cookie sheet with cooking parchment paper.
- ☐ In 8-inch skillet, melt butter over medium-high heat.
- ☐ Add rhubarb, onion and sugar; cook until rhubarb and onion are softened, juices evaporate and mixture thickens. Stir in preserves, thyme, ginger and cinnamon.
- ☐ Spoon rhubarb mixture on top of Brie cheese.
- ☐ Unroll crescent dough onto cookie sheet; press perforations to seal.
- ☐ Place rhubarb-topped cheese in center of dough. Gather edges of dough up and around cheese; pinch edges and top to seal.
- ☐ With pastry brush, spread beaten egg over dough.
- ☐ Bake 17 to 20 minutes or until dough is golden brown.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:73.02, Glycemic Load:24.99, Inflammation Score:-7, Nutrition Score:12.964782424595%

Flavonoids

Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 769.06kcal (38.45%), Fat: 45.65g (70.23%), Saturated Fat: 25.77g (161.04%), Carbohydrates: 66.91g (22.3%), Net Carbohydrates: 65.84g (23.94%), Sugar: 39.88g (44.31%), Cholesterol: 154.76mg (51.59%), Sodium: 1166.73mg (50.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.96g (51.92%), Vitamin B2: 0.65mg (38.17%), Vitamin B12: 1.86µg (30.97%), Selenium: 20.04µg (28.63%), Phosphorus: 236.41mg (23.64%), Calcium: 230.07mg (23.01%), Folate: 82.27µg (20.57%), Zinc: 2.75mg (18.33%), Vitamin A: 816.14IU (16.32%), Vitamin B6: 0.3mg (14.78%), Iron: 1.83mg (10.17%), Vitamin B5: 0.94mg (9.43%), Manganese: 0.17mg (8.58%), Vitamin C: 6.51mg (7.89%), Potassium: 274.34mg (7.84%), Magnesium: 28.32mg (7.08%), Vitamin K: 7.27µg (6.93%), Vitamin B1: 0.09mg (6.25%), Vitamin D: 0.75µg (5.01%), Fiber: 1.07g (4.26%), Copper: 0.08mg (4.12%), Vitamin E: 0.55mg (3.66%), Vitamin B3: 0.51mg (2.55%)