



Baked Brie With Blueberry-Ginger Topping

READY IN



15 min.

SERVINGS



10

CALORIES



191 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup blueberries fresh
- 8 ounce brie round
- 0.3 cup firmly brown sugar packed
- 2 tablespoons cider vinegar
- 1 stick cinnamon (3-inch)
- 1.5 tablespoons cornstarch
- 10 servings round buttery crackers assorted
- 1 tablespoon ginger fresh grated
- 2 tablespoons onion diced

0.1 teaspoon salt

Equipment

baking sheet

sauce pan

oven

Directions

Combine first 8 ingredients in a large saucepan. Bring to a boil over medium heat, and cook 1 minute.

Remove and discard cinnamon stick. Cover and chill blueberry mixture at least 1 hour.

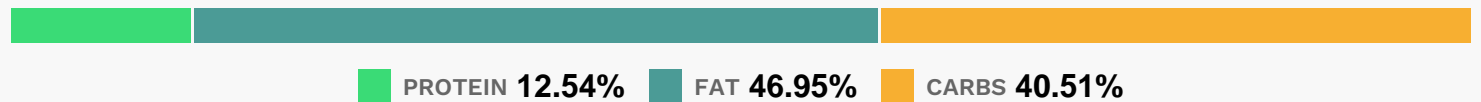
Place Brie round on an ungreased baking sheet.

Bake at 350 for 8 to 10 minutes or until cheese is soft.

Transfer to a serving plate, and top evenly with chilled blueberry topping.

Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:15.4, Glycemic Load:0.82, Inflammation Score:-2, Nutrition Score:5.0269564545673%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 191.23kcal (9.56%), Fat: 10.06g (15.47%), Saturated Fat: 4.83g (30.16%), Carbohydrates: 19.52g (6.51%), Net Carbohydrates: 18.55g (6.75%), Sugar: 8.33g (9.26%), Cholesterol: 22.68mg (7.56%), Sodium: 315mg (13.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.08%), Manganese: 0.22mg (11.04%), Vitamin K: 11.5µg (10.95%), Vitamin B2: 0.17mg (9.84%), Phosphorus: 89.75mg (8.98%), Calcium: 76.15mg (7.62%), Folate: 27.68µg (6.92%), Vitamin B12: 0.37µg (6.24%), Vitamin B1: 0.09mg (6.22%), Selenium: 4.17µg (5.95%), Iron: 0.96mg (5.32%), Vitamin B3: 0.95mg (4.74%), Vitamin E: 0.71mg (4.72%), Zinc: 0.68mg (4.51%), Fiber: 0.97g (3.87%), Vitamin B6: 0.08mg (3.85%), Vitamin A: 143.33IU (2.87%), Vitamin B5: 0.25mg (2.46%), Magnesium: 9.86mg (2.46%), Potassium: 81.79mg (2.34%), Vitamin C: 1.63mg (1.98%), Copper: 0.04mg (1.98%)