



Baked Brie With Cran-Apple Chutney

 Vegetarian

READY IN



26 min.

SERVINGS



32

CALORIES



50 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup apple-cranberry chutney prepared
- ☐ 1 pound brie cheese
- ☐ 8 inch bread french

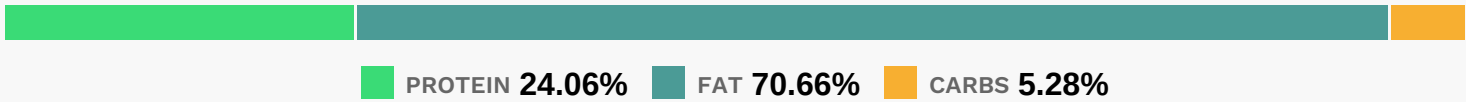
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 40
- ☐ Arrange bread slices evenly on a baking sheet.
- ☐ Bake just until toasted, 5 minutes.
- ☐ Remove from oven, reduce heat to 35
- ☐ Place Brie in center of pie plate; pour chutney on top.
- ☐ Bake 23 minutes, until soft.
- ☐ Remove to cake stand.
- ☐ Serve with bread.

Nutrition Facts



Properties

Glycemic Index:4.36, Glycemic Load:0.34, Inflammation Score:-1, Nutrition Score:1.383043497153%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 50.09kcal (2.5%), Fat: 3.95g (6.07%), Saturated Fat: 2.47g (15.44%), Carbohydrates: 0.66g (0.22%), Net Carbohydrates: 0.6g (0.22%), Sugar: 0.3g (0.33%), Cholesterol: 14.17mg (4.72%), Sodium: 93mg (4.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Vitamin B2: 0.08mg (4.53%), Vitamin B12: 0.23µg (3.9%), Selenium: 2.24µg (3.2%), Phosphorus: 27.53mg (2.75%), Calcium: 26.53mg (2.65%), Folate: 10.05µg (2.51%), Zinc: 0.34mg (2.3%), Vitamin B6: 0.03mg (1.74%), Vitamin A: 84.97IU (1.7%), Vitamin B5: 0.1mg (1.01%)