



Baked Brie with Cranberry Chutney

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



672 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces round of président brie cut into 3/4-inch pieces
- ☐ 2 tablespoons cider vinegar
- ☐ 16 ounces cranberries fresh
- ☐ 1 cup cranberry juice drink
- ☐ 0.5 cup currants
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 cup orange juice fresh

- ☐ 6 sheets phyllo pastry frozen thawed
- ☐ 1.5 cup sugar
- ☐ 0.5 cup butter unsalted melted
- ☐ 0.5 cup walnuts chopped

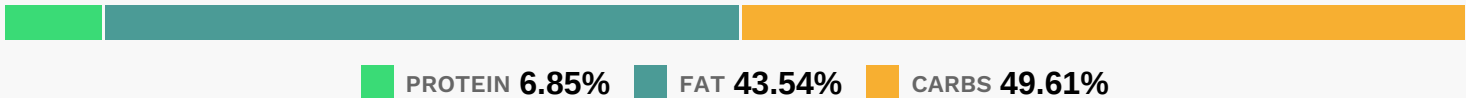
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Combine sugar and juice drink in a medium saucepan; bring to a boil over medium heat, stirring until sugar dissolves.
- ☐ Add cranberries and next 6 ingredients; return to a boil. Reduce heat, and simmer, uncovered, 5 minutes or until thickened, stirring often. Cool completely (mixture will thicken as it cools).
- ☐ Place 1 sheet phyllo on a damp towel; brush with butter.
- ☐ Layer a second and third sheet on top of the first, brushing each with butter. (Set remaining 3 sheets aside, covering with a damp towel to prevent drying out.)
- ☐ Cut phyllo in half lengthwise; cut each half crosswise into thirds, forming 6 squares.
- ☐ Place 2 pieces of Brie in center of each square. Gather corners of phyllo squares over Brie, and twist gently, forming a bundle.
- ☐ Place bundles on a lightly greased baking sheet. Repeat procedure with remaining phyllo, butter, and Brie.
- ☐ Bake at 375 for 13 minutes or until golden.
- ☐ Place 2 bundles on each of 6 individual serving plates, and serve hot with cranberry chutney.

Nutrition Facts



Properties

Glycemic Index:67.18, Glycemic Load:47.3, Inflammation Score:-7, Nutrition Score:13.439130347708%

Flavonoids

Cyanidin: 35.36mg, Cyanidin: 35.36mg, Cyanidin: 35.36mg, Cyanidin: 35.36mg Delphinidin: 5.8mg, Delphinidin: 5.8mg, Delphinidin: 5.8mg, Delphinidin: 5.8mg Malvidin: 0.33mg, Malvidin: 0.33mg, Malvidin: 0.33mg, Malvidin: 0.33mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 37.16mg, Peonidin: 37.16mg, Peonidin: 37.16mg, Peonidin: 37.16mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 5.03mg, Myricetin: 5.03mg, Myricetin: 5.03mg, Myricetin: 5.03mg Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg, Quercetin: 11.26mg

Nutrients (% of daily need)

Calories: 671.68kcal (33.58%), Fat: 33.68g (51.82%), Saturated Fat: 17.2g (107.5%), Carbohydrates: 86.34g (28.78%), Net Carbohydrates: 81.97g (29.81%), Sugar: 67.08g (74.53%), Cholesterol: 78.47mg (26.16%), Sodium: 340.39mg (14.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.93g (23.86%), Manganese: 0.85mg (42.67%), Vitamin C: 20.68mg (25.06%), Vitamin B2: 0.34mg (19.77%), Fiber: 4.37g (17.48%), Selenium: 11.33µg (16.18%), Vitamin A: 792.35IU (15.85%), Phosphorus: 153.23mg (15.32%), Copper: 0.3mg (14.9%), Folate: 56.94µg (14.24%), Vitamin E: 2.14mg (14.23%), Vitamin B1: 0.21mg (13.79%), Vitamin B6: 0.27mg (13.28%), Calcium: 109.7mg (10.97%), Vitamin B12: 0.66µg (10.93%), Zinc: 1.5mg (9.97%), Magnesium: 39.57mg (9.89%), Potassium: 336.77mg (9.62%), Iron: 1.7mg (9.43%), Vitamin K: 9.29µg (8.84%), Vitamin B3: 1.41mg (7.04%), Vitamin B5: 0.65mg (6.49%), Vitamin D: 0.47µg (3.15%)