



## Baked Brie with Golden Raisin Compote

 Vegetarian

READY IN



45 min.

SERVINGS



20

CALORIES



133 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 8 ounces bread french
- ☐ 8 ounces brie cheese thinly sliced
- ☐ 0.3 cup brown sugar packed
- ☐ 1 cup golden raisins
- ☐ 1.5 pounds apples i use 2 granny smith apples peeled chopped
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1 cup onion red vertically sliced 1 small
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup citrus champagne vinegar white

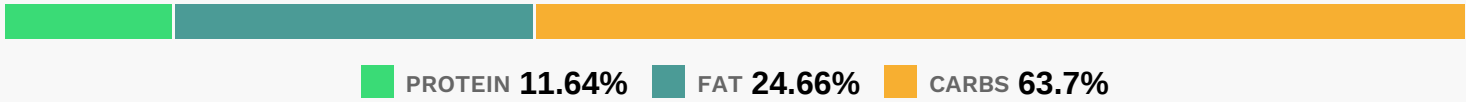
## Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

## Directions

- ☐ Combine first 11 ingredients in a large saucepan; bring to a boil. Cover, reduce heat, and simmer 30 minutes, stirring occasionally. Uncover and cook for 5 minutes or until slightly thick, stirring occasionally. Cool.
- ☐ Preheat oven to 40
- ☐ Divide Brie slices into 40 even pieces.
- ☐ Spread 1 1/2 tablespoons compote over each baguette slice; top each with 1 piece of cheese. Arrange the slices on a large baking sheet.
- ☐ Bake at 400 for 5 minutes or until cheese melts.
- ☐ Garnish with thyme sprigs, if desired.

## Nutrition Facts



## Properties

Glycemic Index:17.57, Glycemic Load:9.17, Inflammation Score:0, Nutrition Score:3.8821739398915%

## Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg

Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg  
Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg, Epicatechin: 2.56mg Epigallocatechin 3–gallate:  
0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate:  
0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.4mg,  
Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.3mg, Kaempferol: 0.3mg,  
Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin:  
3.16mg

**Nutrients (% of daily need)**

Calories: 133.06kcal (6.65%), Fat: 3.78g (5.81%), Saturated Fat: 2.08g (13.02%), Carbohydrates: 21.95g (7.32%), Net  
Carbohydrates: 20.2g (7.35%), Sugar: 14.04g (15.6%), Cholesterol: 11.34mg (3.78%), Sodium: 156.7mg (6.81%),  
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.02%), Manganese: 0.22mg (10.96%), Selenium: 5.06µg  
(7.24%), Fiber: 1.75g (6.98%), Vitamin B2: 0.11mg (6.65%), Phosphorus: 50.99mg (5.1%), Folate: 19.82µg (4.96%),  
Calcium: 46.1mg (4.61%), Vitamin B6: 0.09mg (4.39%), Vitamin B1: 0.06mg (4.32%), Potassium: 141.85mg (4.05%),  
Vitamin B3: 0.81mg (4.03%), Iron: 0.71mg (3.93%), Magnesium: 12.61mg (3.15%), Vitamin B12: 0.19µg (3.12%), Copper:  
0.06mg (3.01%), Zinc: 0.45mg (2.98%), Vitamin C: 2.44mg (2.96%), Vitamin B5: 0.22mg (2.16%), Vitamin K: 1.87µg  
(1.78%), Vitamin A: 86.07IU (1.72%)