



## Baked Brie with Honey

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 apples sliced
- 9 ounce round brie
- 12 figs dried
- 1 bunch grapes seedless
- 2 tablespoons honey

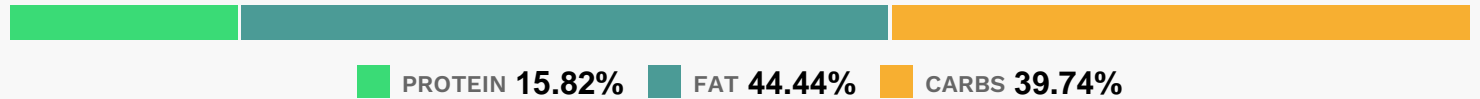
### Equipment

- oven
- baking pan

## Directions

- Preheat oven to 35
- Place Brie in a small baking dish.
- Bake until warm and just softened (about 10 minutes).
- Transfer Brie to a plate with grapes, sliced apple, and dried figs. Before serving, drizzle Brie with honey.

## Nutrition Facts



## Properties

Glycemic Index:15.69, Glycemic Load:4.26, Inflammation Score:-2, Nutrition Score:3.1586956407713%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

## Nutrients (% of daily need)

Calories: 116.71kcal (5.84%), Fat: 6.01g (9.24%), Saturated Fat: 3.72g (23.26%), Carbohydrates: 12.09g (4.03%), Net Carbohydrates: 10.84g (3.94%), Sugar: 10.01g (11.12%), Cholesterol: 21.26mg (7.09%), Sodium: 135.04mg (5.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Vitamin B2: 0.13mg (7.63%), Vitamin B12: 0.35µg (5.85%), Calcium: 54.25mg (5.43%), Fiber: 1.25g (5%), Phosphorus: 49.24mg (4.92%), Selenium: 3.17µg (4.53%), Zinc: 0.58mg (3.87%), Folate: 15.28µg (3.82%), Vitamin B6: 0.07mg (3.73%), Potassium: 124.82mg (3.57%), Vitamin K: 3.6µg (3.43%), Manganese: 0.06mg (3.18%), Vitamin A: 141.79IU (2.84%), Magnesium: 11.26mg (2.81%), Copper: 0.05mg (2.28%), Vitamin B1: 0.03mg (2.1%), Vitamin B5: 0.2mg (1.98%), Iron: 0.34mg (1.89%), Vitamin C: 1.15mg (1.39%)