



Baked Brie with Mushrooms and Almonds



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon brandy
- ☐ 8 ounce wedge brie cheese
- ☐ 2 tablespoons butter
- ☐ 8 ounce mushrooms drained sliced canned
- ☐ 1 teaspoon tarragon dried
- ☐ 1 teaspoon garlic crushed
- ☐ 2 tablespoons slivered almonds

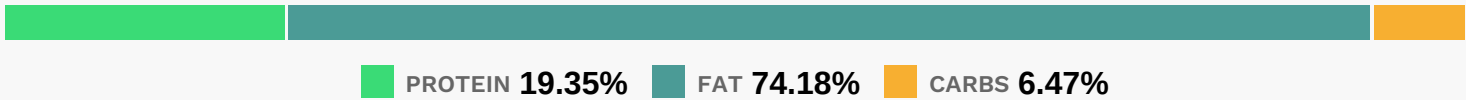
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Melt the butter in a medium saucepan over medium heat.
- ☐ Mix in garlic and almonds, heating until almonds are lightly browned. Stir in mushrooms and cook until tender, about 5 minutes. Cover with brandy and sprinkle with tarragon.
- ☐ Place Brie in a small baking dish.
- ☐ Pour the mushroom and brandy mixture over Brie.
- ☐ Bake in the preheated oven 20 minutes, or until bubbly.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:4.7452173971612%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 146.97kcal (7.35%), Fat: 12.04g (18.52%), Saturated Fat: 6.84g (42.77%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 1.34g (0.49%), Sugar: 0.91g (1.01%), Cholesterol: 35.87mg (11.96%), Sodium: 321.57mg (13.98%), Alcohol: 0.63g (100%), Alcohol %: 1.22% (100%), Protein: 7.07g (14.13%), Vitamin B2: 0.19mg (10.99%), Phosphorus: 86.3mg (8.63%), Vitamin B12: 0.47µg (7.9%), Selenium: 5.47µg (7.82%), Calcium: 66.37mg (6.64%), Zinc: 0.97mg (6.5%), Folate: 23.73µg (5.93%), Manganese: 0.12mg (5.88%), Vitamin A: 265.85IU (5.32%), Vitamin E: 0.79mg

(5.28%), Copper: 0.1mg (5.05%), Vitamin B6: 0.1mg (4.91%), Vitamin B5: 0.44mg (4.43%), Magnesium: 17.7mg (4.43%), Fiber: 1.02g (4.08%), Vitamin B3: 0.68mg (3.38%), Vitamin B1: 0.05mg (3.38%), Potassium: 107.92mg (3.08%), Iron: 0.55mg (3.04%), Vitamin D: 0.2µg (1.32%)