



Baked Honey-Raisin Brie



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



241 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce brie rounds
- ☐ 1 cup golden raisins
- ☐ 3 tablespoons honey
- ☐ 0.3 cup orange liqueur
- ☐ 1 slices pear crackers assorted

Equipment

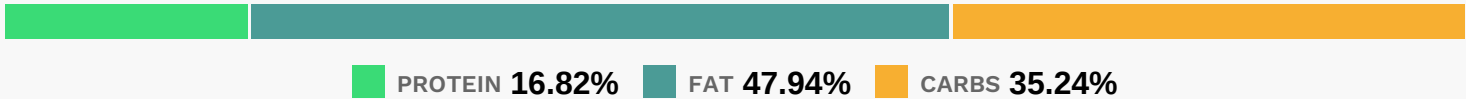
- ☐ bowl
- ☐ oven

☐ microwave

Directions

- ☐ Microwave orange liqueur at HIGH 1 minute in microwave-safe bowl; add raisins, and let stand 5 minutes.
- ☐ Trim rind from top of Brie rounds, leaving a 1/2-inch border on tops.
- ☐ Place Brie rounds in 9-inch pieplates or ovenproof plates. Spoon raisin mixture evenly on Brie rounds, and drizzle evenly with honey.
- ☐ Bake at 350 for 12 to 15 minutes or until cheese is melted.
- ☐ Serve immediately with pear slices and crackers.

Nutrition Facts



Properties

Glycemic Index:17.27, Glycemic Load:9.59, Inflammation Score:-3, Nutrition Score:5.4013043253318%

Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 240.59kcal (12.03%), Fat: 12.67g (19.49%), Saturated Fat: 7.92g (49.52%), Carbohydrates: 20.95g (6.98%), Net Carbohydrates: 19.93g (7.25%), Sugar: 17.22g (19.14%), Cholesterol: 45.36mg (15.12%), Sodium: 287.91mg (12.52%), Alcohol: 1.53g (100%), Alcohol %: 2.26% (100%), Protein: 10g (20%), Vitamin B2: 0.27mg (15.9%), Vitamin B12: 0.75µg (12.47%), Phosphorus: 104.24mg (10.42%), Selenium: 6.76µg (9.66%), Calcium: 92.84mg (9.28%), Vitamin B6: 0.16mg (7.95%), Folate: 31.02µg (7.76%), Zinc: 1.16mg (7.7%), Potassium: 198.4mg (5.67%), Vitamin A: 272.03IU (5.44%), Fiber: 1.03g (4.11%), Copper: 0.08mg (3.87%), Magnesium: 15.43mg (3.86%), Manganese: 0.07mg (3.64%), Vitamin B5: 0.34mg (3.44%), Iron: 0.54mg (3.01%), Vitamin B1: 0.03mg (2.32%), Vitamin K: 2.17µg (2.06%), Vitamin B3: 0.38mg (1.88%), Vitamin D: 0.23µg (1.51%), Vitamin C: 1.1mg (1.33%)