



Bonaparte with Pecans and Cranberries

READY IN



13 min.

SERVINGS



8

CALORIES



337 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 slices crusty baguette assorted
- 500 gram cheese chilled
- 1 halves pecans for garnish
- 0.5 cup pecans toasted chopped
- 0.5 cup roasted cranberry sauce homemade

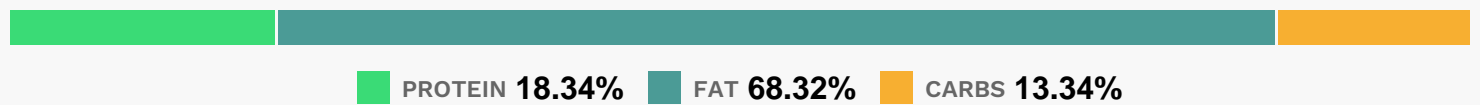
Equipment

- knife
- microwave

Directions

- With a sharp knife, cut the rind off the top of the cheese. Cover with chopped nuts, pressing them gently into the cheese. Spoon the cranberry sauce uniformly over the top to cover, and sprinkle with more chopped nuts.
- Place the cheese on a microwave-safe soup plate and microwave at medium-high power for about 3 minutes.
- Garnish with pecan halves and serve immediately with bread and crackers and a spoon for spreading.

Nutrition Facts



Properties

Glycemic Index:14.84, Glycemic Load:1.76, Inflammation Score:-5, Nutrition Score:9.8313043558079%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 337.15kcal (16.86%), Fat: 25.97g (39.95%), Saturated Fat: 12.42g (77.6%), Carbohydrates: 11.4g (3.8%), Net Carbohydrates: 10.52g (3.82%), Sugar: 6.21g (6.9%), Cholesterol: 62.5mg (20.83%), Sodium: 434.35mg (18.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.68g (31.37%), Calcium: 451.05mg (45.11%), Phosphorus: 308.37mg (30.84%), Selenium: 18.69µg (26.7%), Vitamin B2: 0.3mg (17.67%), Zinc: 2.62mg (17.46%), Manganese: 0.32mg (16.08%), Vitamin A: 637.16IU (12.74%), Vitamin B12: 0.66µg (11.04%), Magnesium: 25.96mg (6.49%), Vitamin B1: 0.09mg (5.73%), Copper: 0.11mg (5.32%), Vitamin E: 0.73mg (4.88%), Folate: 18.98µg (4.74%), Fiber: 0.89g (3.55%), Vitamin B5: 0.33mg (3.28%), Vitamin B6: 0.06mg (3.15%), Iron: 0.47mg (2.62%), Vitamin D: 0.38µg (2.5%), Potassium: 84.07mg (2.4%), Vitamin K: 2.09µg (1.99%), Vitamin B3: 0.31mg (1.53%)