



Brie and Cherry Pastry Cups



Vegetarian



Popular

READY IN



55 min.

SERVINGS



36

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 ounces round of président brie cut into 1/2x1/2-inch pieces (36 pieces)
- ☐ 0.3 cup smucker's cherry preserves red
- ☐ 2 tablespoons chives fresh chopped
- ☐ 0.3 cup pecans chopped
- ☐ 1 sheet puff pastry frozen thawed (from 17.3-ounce package)

Equipment

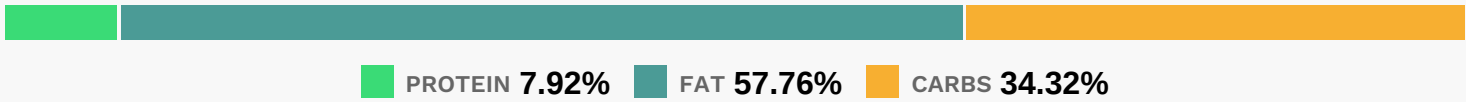
- ☐ oven
- ☐ wooden spoon

☐ muffin liners

Directions

- ☐ Heat oven to 37
- ☐ Spray 36 miniature muffin cups, 1 3/4x1 inch, with cooking spray.
- ☐ Cut pastry into 36 (1 1/2-inch) squares. Slightly press each square into muffin cup; press center with finger.
- ☐ Bake 10 minutes. Press center with handle of wooden spoon.
- ☐ Bake 6 to 8 minutes longer or until golden brown. Immediately press again in center. Fill each with about 1/2 teaspoon preserves. Top with cheese piece, pecans and chives.
- ☐ Bake 3 to 5 minutes or until cheese is melted.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:5.36, Glycemic Load:2.84, Inflammation Score:-1, Nutrition Score:1.1673912966381%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 62.05kcal (3.1%), Fat: 4.01g (6.18%), Saturated Fat: 1.25g (7.82%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 5.15g (1.87%), Sugar: 1.62g (1.81%), Cholesterol: 3.15mg (1.05%), Sodium: 37.77mg (1.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Manganese: 0.07mg (3.51%), Selenium: 2.2µg (3.14%), Vitamin B1: 0.03mg (2.33%), Vitamin B2: 0.04mg (2.31%), Folate: 8.04µg (2.01%), Vitamin B3: 0.31mg (1.53%), Vitamin K: 1.55µg (1.48%), Phosphorus: 12.8mg (1.28%), Iron: 0.23mg (1.26%), Copper: 0.02mg (1.04%)