



## Brie and Chutney Crêpe Triangles

READY IN



45 min.

SERVINGS



4

CALORIES



450 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- ☐ 0.8 pound firm-ripe brie cheese
- ☐ 1 tablespoon butter melted
- ☐ 8 crêpes thin
- ☐ 1 cup major grey chutney
- ☐ 16 pecan halves

### Equipment

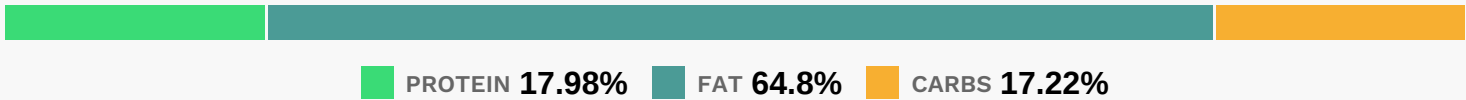
- ☐ bowl
- ☐ baking sheet

- ☐ oven
- ☐ spatula

## Directions

- ☐ In a small bowl, mix pecans with butter.
- ☐ Lay crpes on a counter in a single layer, pale side up.
- ☐ Spread each crpe with about 2 tablespoons chutney. Thinly slice cheese, including rind, and cut into about 1-inch lengths. Distribute cheese evenly over crpes. Gently fold each crpe in half over filling, then in half again to make a triangle. Set filled crpe triangles slightly apart on a 12- by 15-inch baking sheet.
- ☐ Lay 2 or 3 pecan halves on each crpe.
- ☐ Bake in a 400 regular oven or 375 convection oven until cheese melts and nuts are lightly toasted, 6 to 9 minutes. With a wide spatula, transfer crpes to plates.

## Nutrition Facts



## Properties

Glycemic Index:9.25, Glycemic Load:0.13, Inflammation Score:-7, Nutrition Score:9.7291304890228%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 450.47kcal (22.52%), Fat: 32.4g (49.84%), Saturated Fat: 16.72g (104.53%), Carbohydrates: 19.38g (6.46%), Net Carbohydrates: 18.84g (6.85%), Sugar: 8.56g (9.51%), Cholesterol: 96.98mg (32.33%), Sodium: 727.63mg (31.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 11.8mg (3.93%), Protein: 20.22g (40.45%), Vitamin B2: 0.46mg (27.01%), Vitamin B12: 1.41µg (23.45%), Manganese: 0.41mg (20.51%), Calcium: 181.34mg (18.13%), Selenium: 12.54µg (17.92%), Phosphorus: 176.8mg (17.68%), Zinc: 2.29mg (15.26%), Folate: 59.5µg (14.87%), Vitamin A: 631.82IU (12.64%), Vitamin B6: 0.21mg (10.6%), Vitamin B1: 0.1mg (6.46%), Vitamin B5: 0.64mg (6.45%), Magnesium: 25.66mg (6.42%), Iron: 0.94mg (5.22%), Potassium: 175.53mg (5.02%), Copper: 0.09mg (4.46%), Vitamin D: 0.43µg (2.83%), Vitamin E: 0.39mg (2.61%), Fiber: 0.54g (2.15%), Vitamin K: 2.15µg (2.05%), Vitamin B3: 0.39mg (1.95%)