



Brie and Cranberry Chutney Melt

 Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce round brie
- 4 bacon crumbled cooked
- 0.3 cup green onions sliced
- 0.7 cup cranberry chutney

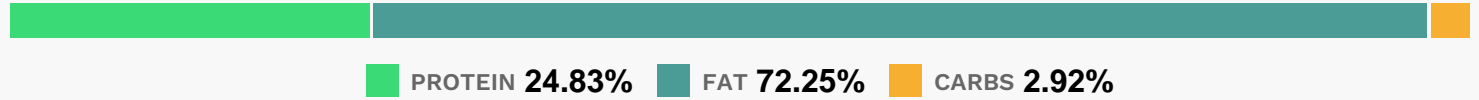
Equipment

- microwave

Directions

- Remove rind from top of Brie, cutting to within 1 inch from outside edge.
- Place Brie on a microwave-safe plate. Top with 2/3 cup chutney; microwave at High 1 minute or until cheese softens. Do not melt.
- Sprinkle with bacon and green onion; serve with crackers.

Nutrition Facts



Properties

Glycemic Index:7.43, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:3.6782608757848%

Flavonoids

Cyanidin: 2.21mg, Cyanidin: 2.21mg, Cyanidin: 2.21mg, Cyanidin: 2.21mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.34mg, Peonidin: 2.34mg, Peonidin: 2.34mg, Peonidin: 2.34mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 121.67kcal (6.08%), Fat: 9.79g (15.06%), Saturated Fat: 5.91g (36.95%), Carbohydrates: 0.89g (0.3%), Net Carbohydrates: 0.67g (0.24%), Sugar: 0.39g (0.43%), Cholesterol: 34.66mg (11.55%), Sodium: 242.57mg (10.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.14%), Vitamin B2: 0.18mg (10.36%), Vitamin B12: 0.56µg (9.33%), Selenium: 5.87µg (8.39%), Phosphorus: 70.96mg (7.1%), Calcium: 61.53mg (6.15%), Zinc: 0.85mg (5.68%), Folate: 22.25µg (5.56%), Vitamin B6: 0.09mg (4.61%), Vitamin K: 4.68µg (4.46%), Vitamin A: 213.31IU (4.27%), Vitamin B5: 0.26mg (2.64%), Vitamin B1: 0.04mg (2.47%), Potassium: 69.39mg (1.98%), Magnesium: 7.83mg (1.96%), Vitamin B3: 0.38mg (1.89%), Manganese: 0.03mg (1.58%), Iron: 0.22mg (1.23%), Vitamin C: 1mg (1.22%), Vitamin D: 0.17µg (1.14%), Vitamin E: 0.16mg (1.07%)