



Brie and Cranberry Pizza

READY IN



25 min.

SERVINGS



8

CALORIES



283 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounces brie cheese cubed
- ☐ 0.5 cup pecans chopped
- ☐ 8 ounce crescent rolls refrigerated canned
- ☐ 0.8 cup berry cranberry sauce whole

Equipment

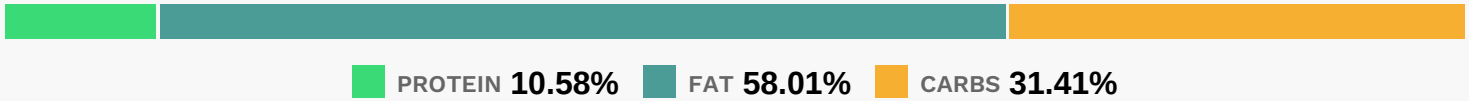
- ☐ frying pan
- ☐ oven
- ☐ pizza pan

☐ baking pan

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Lightly grease a 12 inch pizza pan or 9x13 inch baking dish.
- ☐ Unroll the crescent rolls and separate into triangles. Arrange in the pan with tips towards the center and lightly press together.
- ☐ Bake 5 minutes, or until lightly brown.
- ☐ Remove from the oven and sprinkle with pieces of Brie cheese. Spoon the cranberry sauce over the cheese. Top with pecans.
- ☐ Bake an additional 8 minutes, or until the cheese is melted and the crust is golden brown. Cool 5 minutes and cut into wedges or squares.

Nutrition Facts



Properties

Glycemic Index:4.63, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:4.567391352809%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 282.72kcal (14.14%), Fat: 18.89g (29.07%), Saturated Fat: 7.91g (49.42%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 22.08g (8.03%), Sugar: 11.58g (12.87%), Cholesterol: 28.35mg (9.45%), Sodium: 402.17mg (17.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.75g (15.5%), Manganese: 0.33mg (16.6%), Vitamin B2: 0.16mg (9.52%), Vitamin B12: 0.47µg (7.8%), Phosphorus: 73.22mg (7.32%), Zinc: 0.99mg (6.61%), Selenium: 4.47µg (6.39%), Calcium: 57.72mg (5.77%), Folate: 20.19µg (5.05%), Copper: 0.09mg (4.7%), Vitamin B1: 0.07mg (4.58%),

Iron: 0.78mg (4.33%), Vitamin B6: 0.08mg (4.23%), Fiber: 0.94g (3.77%), Vitamin A: 182.67IU (3.65%), Magnesium: 14.44mg (3.61%), Vitamin E: 0.41mg (2.72%), Vitamin B5: 0.25mg (2.54%), Potassium: 78.37mg (2.24%), Vitamin K: 1.26µg (1.2%), Vitamin B3: 0.21mg (1.07%)