



## Brie and Merlot Mushrooms Bites

READY IN



40 min.

SERVINGS



15

CALORIES



65 kcal

BEVERAGE

DRINK

### Ingredients

- 0.3 pound round of président brie
- 4 chives sliced for garnish
- 2 teaspoons thyme leaves fresh chopped
- 2 cloves garlic diced finely
- 15 servings salt and ground pepper fresh black
- 0.5 cup merlot (recommended: BV Coastal Merlot)
- 4 ounces oyster mushrooms mixed sliced
- 1 package phyllo shells mini (recommended: Athens Brand)
- 1 shallots diced finely

- 4 ounces mushroom caps sliced
- 2 tablespoons butter unsalted

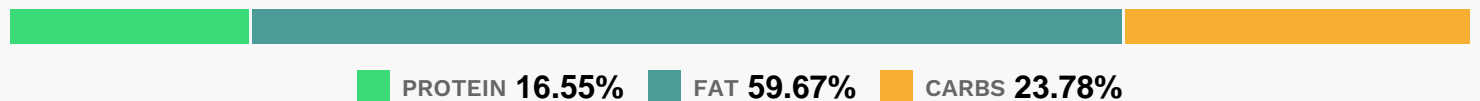
## Equipment

- frying pan
- oven

## Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Bake the shells according to the package directions.
- Let cool while you make the filling.
- Heat a skillet over medium heat and add the butter. When the butter is melted, add the shallots and garlic, and cook until soft, about 5 minutes.
- Add the mushrooms and season with salt and pepper, to taste. When the mushrooms have released their liquid, add the wine and thyme and cook until most of the liquid has evaporated, about 5 minutes.
- Cut the Brie into 15 small pieces. Divide the mushroom mixture among the phyllo shells. Top each with a piece of the cheese. Return the shells to the oven and bake until the cheese has melted, about 5 minutes.
- Transfer the bites to a serving platter.
- Garnish with chives and serve warm.

## Nutrition Facts



## Properties

Glycemic Index:17.07, Glycemic Load:0.27, Inflammation Score:-4, Nutrition Score:2.1739130512528%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 65.09kcal (3.25%), Fat: 4.19g (6.44%), Saturated Fat: 2.28g (14.27%), Carbohydrates: 3.76g (1.25%), Net Carbohydrates: 3.26g (1.19%), Sugar: 0.49g (0.54%), Cholesterol: 11.57mg (3.86%), Sodium: 57.91mg (2.52%), Alcohol: 0.83g (100%), Alcohol %: 2.73% (100%), Protein: 2.61g (5.23%), Vitamin B2: 0.09mg (5.16%), Vitamin B3: 0.73mg (3.64%), Phosphorus: 36.22mg (3.62%), Manganese: 0.07mg (3.44%), Vitamin B6: 0.07mg (3.25%), Vitamin B5: 0.28mg (2.78%), Selenium: 1.84µg (2.63%), Potassium: 87.58mg (2.5%), Folate: 9.9µg (2.47%), Vitamin A: 119.96IU (2.4%), Zinc: 0.35mg (2.32%), Vitamin B12: 0.13µg (2.13%), Fiber: 0.49g (1.98%), Copper: 0.04mg (1.88%), Calcium: 18.47mg (1.85%), Magnesium: 6.53mg (1.63%), Iron: 0.29mg (1.63%), Vitamin B1: 0.02mg (1.24%), Vitamin C: 0.84mg (1.02%), Vitamin K: 1.06µg (1.01%)