



Brie Balls with Spicy Cranberry Dipping Sauce

READY IN



45 min.

SERVINGS



32

CALORIES



334 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 ounce rounds brie
- ☐ 4 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 1.5 teaspoons garlic minced
- ☐ 1.5 cups italian-seasoned breadcrumbs
- ☐ 0.5 cup parmesan cheese freshly grated
- ☐ 32 servings vegetable oil
- ☐ 32 servings spicy cranberry dipping sauce

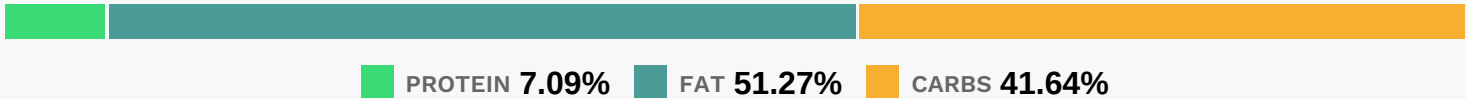
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ wax paper
- ☐ dutch oven

Directions

- ☐ Trim rind from Brie.
- ☐ Combine Brie and next 3 ingredients in a large bowl; mix well with hands until combined. Shape cheese mixture into 1" balls. Dip balls in egg; dredge in flour. Dip again in egg; roll in breadcrumbs, pressing firmly so crumbs adhere.
- ☐ Place brie balls on wax paper; chill at least 1 hour.
- ☐ Pour oil to a depth of 2" in a Dutch oven; heat to 35
- ☐ Fry cheese balls, in batches, until golden, about 1 minute; drain on paper towels.
- ☐ Serve immediately with Spicy Cranberry Dipping Sauce.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:2.19, Inflammation Score:-2, Nutrition Score:6.1299999019374%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg, Apigenin: 0.55mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg, Myricetin: 1.93mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 333.98kcal (16.7%), Fat: 19.41g (29.87%), Saturated Fat: 5.13g (32.06%), Carbohydrates: 35.48g (11.83%), Net Carbohydrates: 34.32g (12.48%), Sugar: 22.68g (25.21%), Cholesterol: 38.84mg (12.95%), Sodium: 204.27mg (8.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.04g (12.09%), Vitamin K: 33.8µg (32.19%), Vitamin E: 1.92mg (12.82%), Selenium: 7.53µg (10.76%), Vitamin B2: 0.17mg (9.73%), Vitamin B1: 0.11mg (7.24%), Folate: 27.17µg (6.79%), Manganese: 0.13mg (6.73%), Phosphorus: 66.26mg (6.63%), Calcium: 56.92mg (5.69%), Vitamin B12: 0.33µg (5.5%), Iron: 0.95mg (5.29%), Fiber: 1.16g (4.65%), Zinc: 0.62mg (4.12%), Vitamin A: 192.51IU (3.85%), Vitamin B3: 0.71mg (3.56%), Vitamin B6: 0.07mg (3.42%), Vitamin B5: 0.25mg (2.53%), Copper: 0.05mg (2.31%), Magnesium: 9.14mg (2.28%), Potassium: 71.77mg (2.05%), Vitamin C: 1.23mg (1.49%), Vitamin D: 0.2µg (1.36%)