



Brie Cheese Appetizer



Vegetarian



Popular

READY IN



40 min.

SERVINGS



8

CALORIES



456 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons apricot preserves
- ☐ 8 ounce wheel brie cheese
- ☐ 1 egg white
- ☐ 17.5 ounce puff pastry frozen thawed

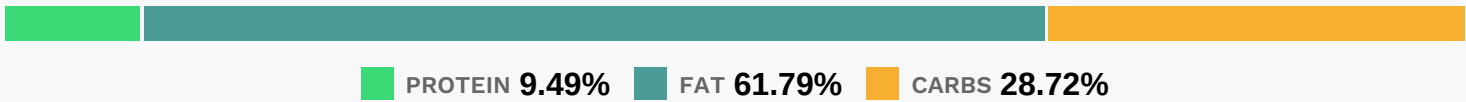
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C). Lightly grease a cookie sheet.
- ☐ Slice one wheel of Brie cheese in half so you have 2 circles of cheese.
- ☐ Spread apricot or peach preserves on (the cut side) half of one circle of brie. Make sandwich out of the two halves of Brie, so that the preserves are in the center of both halves. Wrap the entire wheel of Brie with one sheet of puffed pastry and flip the entire concoction onto the prepared cooking sheet so the seam is on bottom.
- ☐ Brush the puffed pastry with the egg white.
- ☐ Bake for 30 minutes, or until the pastry is golden brown.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.38, Glycemic Load:15.18, Inflammation Score:-3, Nutrition Score:8.3134783039922%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 456.49kcal (22.82%), Fat: 31.5g (48.46%), Saturated Fat: 10.91g (68.21%), Carbohydrates: 32.95g (10.98%), Net Carbohydrates: 32g (11.64%), Sugar: 3.87g (4.3%), Cholesterol: 28.35mg (9.45%), Sodium: 341.96mg (14.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.89g (21.77%), Selenium: 20.02µg (28.6%), Vitamin B2: 0.34mg (20.06%), Vitamin B1: 0.27mg (17.79%), Folate: 67.02µg (16.76%), Manganese: 0.32mg (15.78%), Vitamin B3: 2.7mg (13.5%), Vitamin K: 10.64µg (10.13%), Iron: 1.77mg (9.83%), Phosphorus: 91.29mg (9.13%), Vitamin B12: 0.47µg (7.85%), Zinc: 1.01mg (6.73%), Calcium: 60.13mg (6.01%), Copper: 0.08mg (4.22%), Magnesium: 16.3mg (4.08%), Vitamin B6: 0.08mg (4.07%), Fiber: 0.95g (3.81%), Vitamin A: 183.82IU (3.68%), Vitamin E: 0.41mg (2.75%), Potassium: 92.81mg (2.65%), Vitamin B5: 0.2mg (2.04%)