



Brie Cheese Bites

READY IN



15 min.

SERVINGS



15

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz brie round
- 16.3 oz flaky buttermilk biscuits refrigerated canned
- 0.5 cup jalapeño pepper jelly

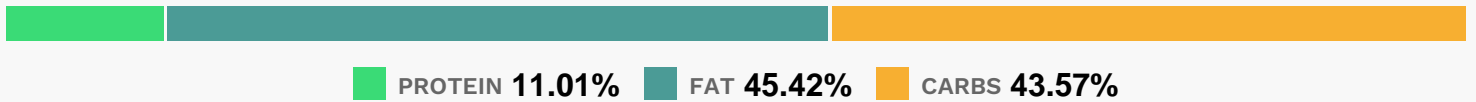
Equipment

- oven
- muffin liners

Directions

- Cut brie into 24 pieces, and let soften.
- Separate each biscuit into thirds, making 3 rounds. Press biscuit rounds into bottom and up sides of 24 mini-muffin cups. Spoon about 1 tsp. pepper jelly into center of each biscuit cup; top each with 1 brie cheese piece.
- Bake at 425 for 8 to 10 minutes or until golden brown.
- Let stand 10 minutes before serving.
- *1/2 cup mango chutney may be substituted.

Nutrition Facts



Properties

Glycemic Index:6.13, Glycemic Load:9.47, Inflammation Score:-2, Nutrition Score:4.6073913081833%

Nutrients (% of daily need)

Calories: 182.36kcal (9.12%), Fat: 9.27g (14.26%), Saturated Fat: 3.4g (21.24%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 19.61g (7.13%), Sugar: 5.58g (6.2%), Cholesterol: 15.43mg (5.14%), Sodium: 388.05mg (16.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.11%), Phosphorus: 160.89mg (16.09%), Selenium: 7.98µg (11.41%), Vitamin B2: 0.17mg (9.92%), Vitamin B1: 0.14mg (9.48%), Folate: 31.39µg (7.85%), Manganese: 0.13mg (6.3%), Iron: 1.09mg (6.07%), Vitamin B3: 1.09mg (5.45%), Vitamin B12: 0.29µg (4.88%), Calcium: 42.92mg (4.29%), Zinc: 0.51mg (3.38%), Vitamin E: 0.44mg (2.95%), Vitamin A: 144.29IU (2.89%), Potassium: 91.99mg (2.63%), Vitamin B6: 0.05mg (2.5%), Magnesium: 8.26mg (2.07%), Vitamin B5: 0.2mg (1.97%), Fiber: 0.4g (1.6%), Vitamin K: 1.61µg (1.53%), Copper: 0.03mg (1.42%)