



Brie & cranberry twists

READY IN



25 min.

SERVINGS



18

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 sheets dough
- ☐ 100 g butter melted
- ☐ 250 g round of président brie cut into 18 chunky fingers
- ☐ 18 tsp cranberry sauce
- ☐ 50 g walnuts roughly chopped
- ☐ 18 servings sprinkling of poppy seeds

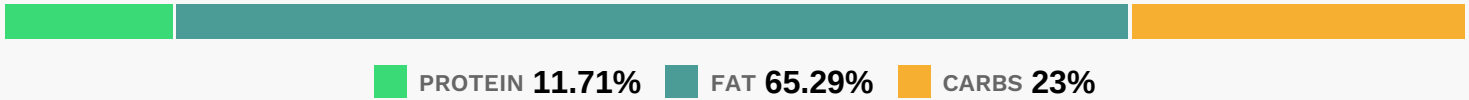
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Stack two of the filo sheets. With a widest edge facing you, brush with some melted butter. Put three brie fingers at even intervals across the bottom of the filo. Top each finger with 1 tsp cranberry sauce, then sprinkle over a few chopped walnuts.
- ☐ Roll up the filo from the bottom.
- ☐ Cut into three parcels, and twist the ends to seal.
- ☐ Brush with more butter and sprinkle with poppy seeds. Repeat with the remaining ingredients.
- ☐ Bake for 10 mins. Or, cover the unbaked twists with cling film, chill for up to 1 day and bake just before serving.

Nutrition Facts



Properties

Glycemic Index:7.78, Glycemic Load:2.54, Inflammation Score:-4, Nutrition Score:7.51999999465891%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 197.35kcal (9.87%), Fat: 14.67g (22.57%), Saturated Fat: 6.04g (37.72%), Carbohydrates: 11.63g (3.88%), Net Carbohydrates: 9.4g (3.42%), Sugar: 2g (2.22%), Cholesterol: 25.83mg (8.61%), Sodium: 186.91mg (8.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.92g (11.84%), Manganese: 0.77mg (38.32%), Calcium: 160.57mg (16.06%), Phosphorus: 125.05mg (12.51%), Vitamin B1: 0.17mg (11.04%), Copper: 0.21mg (10.37%), Magnesium: 40.51mg (10.13%), Selenium: 6.39µg (9.13%), Fiber: 2.24g (8.94%), Iron: 1.46mg (8.09%), Zinc: 1.2mg (7.97%), Vitamin B2: 0.13mg (7.74%), Folate: 30.49µg (7.62%), Vitamin A: 223.68IU (4.47%), Vitamin B12: 0.24µg (3.98%), Vitamin B6: 0.07mg (3.72%), Vitamin B3: 0.69mg (3.44%), Potassium: 110.16mg (3.15%), Vitamin E: 0.4mg (2.65%), Vitamin B5: 0.19mg (1.85%), Vitamin K: 1.17µg (1.11%)