



Brie en Croute

READY IN



120 min.

SERVINGS



12

CALORIES



525 kcal

SIDE DISH

Ingredients

- 13.2 ounce round brie cheese
- 26 ounce entertaining cracker quartet collection pepperidge farm®
- 1 eggs
- 0.3 cup parsley fresh chopped
- 1 sheet puff pastry pepperidge farm®
- 1 tablespoon water

Equipment

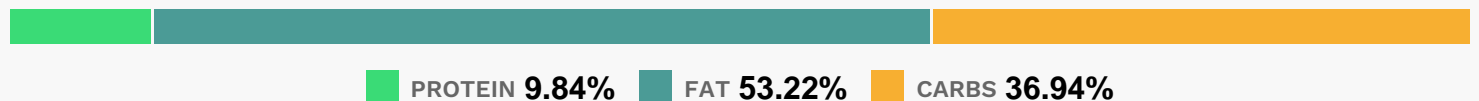
- baking sheet

oven

Directions

- Thaw pastry sheet at room temperature 30 minutes. Preheat oven to 400 degrees F.
- Mix egg and water.
- Unfold pastry on lightly floured surface.
- Roll into 14-inch square.
- Cut off corners to make a circle.
- Sprinkle almonds and parsley in center of circle. Top with cheese.
- Brush edge of circle with egg mixture. Fold two opposite sides over cheese. Trim remaining two sides to 2 inches from edge of cheese. Fold these two sides onto the round. Press edges to seal.
- Place seam-side down on baking sheet. Decorate top with pastry scraps if desired.
- Brush with egg mixture.
- Bake 20 minutes or until golden.
- Let stand 1 hour.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:9.58, Glycemic Load:5.03, Inflammation Score:-4, Nutrition Score:13.93695635381%

Flavonoids

Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg, Apigenin: 2.69mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg

Nutrients (% of daily need)

Calories: 524.55kcal (26.23%), Fat: 31.03g (47.74%), Saturated Fat: 10.86g (67.87%), Carbohydrates: 48.46g (16.15%), Net Carbohydrates: 46.7g (16.98%), Sugar: 5.32g (5.91%), Cholesterol: 44.82mg (14.94%), Sodium: 794.72mg (34.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.92g (25.83%), Vitamin K: 55.23µg

(52.6%), Vitamin B1: 0.38mg (25.14%), Phosphorus: 246.55mg (24.65%), Vitamin B2: 0.4mg (23.57%), Manganese: 0.44mg (22.25%), Folate: 84.04µg (21.01%), Vitamin B3: 3.99mg (19.93%), Iron: 3.57mg (19.81%), Selenium: 13.41µg (19.16%), Vitamin E: 2.38mg (15.84%), Calcium: 157.83mg (15.78%), Vitamin B12: 0.55µg (9.12%), Zinc: 1.29mg (8.57%), Fiber: 1.76g (7.04%), Vitamin A: 309.92IU (6.2%), Vitamin B6: 0.12mg (6.09%), Magnesium: 22.25mg (5.56%), Copper: 0.11mg (5.5%), Vitamin B5: 0.5mg (5.04%), Potassium: 144.93mg (4.14%), Vitamin C: 1.66mg (2.02%), Vitamin D: 0.23µg (1.53%)