



Brie en Croute

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



374 kcal

SIDE DISH

Ingredients

- ☐ 8 ounce wheel brie
- ☐ 1 tablespoon butter
- ☐ 2 eggs beaten
- ☐ 0.3 cup pecans chopped
- ☐ 1 sheet puff pastry (frozen with 2 sheets)
- ☐ 0.5 cup raspberry jam

Equipment

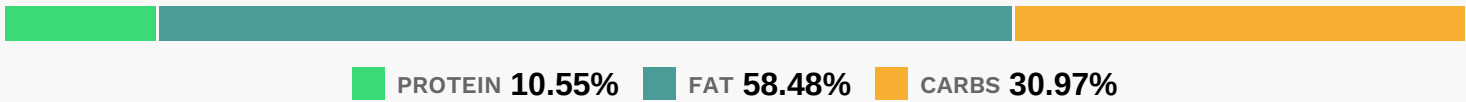
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven
- ☐ rolling pin

Directions

- ☐ Preheat oven to 375 degrees F.
- ☐ Defrost 1 sheet of puff pastry for approximately 15 to 20 minutes and unfold (place remaining sheet in freezer for later use). Melt butter in a saucepan over medium heat.
- ☐ Saute nuts in butter until golden brown, approximately 5 minutes.
- ☐ Place nuts on top of Brie and spread jam on top of nuts. Gently roll pastry with a rolling pin to increase the size of the sheet 1 to 2 inches in each direction.
- ☐ Brush both sides of the sheet with beaten egg. Center the wheel of Brie on top of the pastry sheet. Bring all four corners of the sheet together above Brie and twist slightly to form a "bundle." Tie gathered pastry with kitchen/cooking string (tie string in the form of a bow), arranging pastry until you are satisfied with the "bundle" shape.
- ☐ Place "bundle" on an ungreased cookie sheet and bake for 20 to 25 minutes until pastry is golden brown.
- ☐ Serve with top-quality crackers.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:15.45, Inflammation Score:-3, Nutrition Score:7.5856521336929%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 374.32kcal (18.72%), Fat: 24.45g (37.62%), Saturated Fat: 9.34g (58.39%), Carbohydrates: 29.13g (9.71%), Net Carbohydrates: 28.11g (10.22%), Sugar: 10.84g (12.04%), Cholesterol: 73.03mg (24.34%), Sodium: 288.25mg (12.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.85%), Selenium: 15.47µg (22.1%), Vitamin B2: 0.31mg (17.97%), Manganese: 0.32mg (16.2%), Folate: 50.62µg (12.66%), Vitamin B1: 0.17mg (11.47%), Phosphorus: 107.34mg (10.73%), Vitamin B12: 0.57µg (9.48%), Zinc: 1.15mg (7.65%), Iron: 1.31mg (7.27%), Vitamin B3: 1.44mg (7.2%), Calcium: 68.44mg (6.84%), Vitamin K: 5.86µg (5.58%), Copper: 0.11mg (5.52%), Vitamin A: 273.18IU (5.46%), Vitamin B6: 0.1mg (5.16%), Magnesium: 16.9mg (4.22%), Fiber: 1.02g (4.08%), Vitamin B5: 0.4mg (4%), Potassium: 107.7mg (3.08%), Vitamin E: 0.46mg (3.08%), Vitamin D: 0.36µg (2.41%), Vitamin C: 1.91mg (2.31%)