



Brie & pecan bites

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



505 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 g round of président brie
- ☐ 270 g dough
- ☐ 50 g butter melted
- ☐ 1 eggs beaten
- ☐ 140 g pecans finely chopped
- ☐ 8 servings honey

Equipment

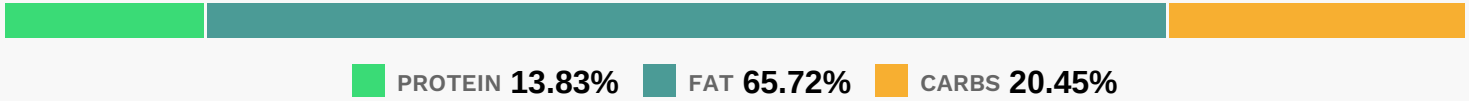
- ☐ oven

- ☐ baking pan
- ☐ kitchen towels

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Unwrap the cheeses and slice each in half horizontally through the centre to make 4 rounds.
- ☐ Cut each round into 8 to give 32 wedges in total.
- ☐ Unroll the pastry and take out one sheet at a time, keeping the remainder covered under a tea towel.
- ☐ Cut the pastry into 4 long strips, brush with melted butter, then place a wedge of brie at the top of each strip. Fold pastry over, then over again to encase the brie, as you would a samosa, into a triangle. Dip one side of the pastry into the beaten egg, then into the chopped pecans. Put on a baking tray, then repeat with the remaining brie, pastry, egg and nuts.
- ☐ Bake the bites for 8–10 mins until golden.
- ☐ Remove from the oven and allow to stand for 2 mins before drizzling with honey to serve.

Nutrition Facts



Properties

Glycemic Index:22.16, Glycemic Load:9.66, Inflammation Score:-5, Nutrition Score:13.694347880457%

Flavonoids

Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg, Cyanidin: 1.88mg Delphinidin: 1.27mg, Delphinidin: 1.27mg, Delphinidin: 1.27mg, Delphinidin: 1.27mg Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg, Catechin: 1.27mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg, Epigallocatechin 3–gallate: 0.4mg

Nutrients (% of daily need)

Calories: 504.55kcal (25.23%), Fat: 37.53g (57.74%), Saturated Fat: 15.84g (98.98%), Carbohydrates: 26.28g (8.76%), Net Carbohydrates: 23.94g (8.71%), Sugar: 6.81g (7.56%), Cholesterol: 96.4mg (32.13%), Sodium: 604.41mg (26.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.77g (35.54%), Manganese: 0.98mg (48.83%), Vitamin B2: 0.49mg (28.99%), Selenium: 19.4µg (27.71%), Vitamin B1: 0.34mg (22.96%), Phosphorus: 203.96mg

(20.4%), Folate: 77.09µg (19.27%), Vitamin B12: 1.09µg (18.18%), Zinc: 2.54mg (16.92%), Calcium: 135.96mg (13.6%), Copper: 0.26mg (13.12%), Vitamin A: 565.69IU (11.31%), Iron: 1.97mg (10.92%), Vitamin B6: 0.2mg (10.25%), Magnesium: 39.66mg (9.92%), Fiber: 2.34g (9.34%), Vitamin B3: 1.83mg (9.16%), Vitamin B5: 0.78mg (7.8%), Potassium: 204.46mg (5.84%), Vitamin E: 0.62mg (4.16%), Vitamin K: 3.35µg (3.19%), Vitamin D: 0.42µg (2.82%)