

Brie with Almonds

READY IN



8 min.

SERVINGS



8

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 1 tablespoon brandy
- ☐ 4.5 ounces round of président brie whole
- ☐ 2 tablespoons butter
- ☐ 8 servings round buttery crackers assorted
- ☐ 8 servings parsley fresh chopped

Equipment

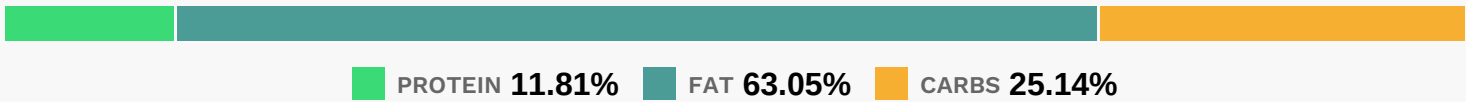
- ☐ frying pan

- ☐ oven
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Set oven control to broil.
- ☐ Place cheese in ovenproof pie plate or pan. Broil cheese with top 3 to 4 inches from heat about 2 minutes 30 seconds or until soft and warm.
- ☐ Melt butter; stir in almonds and brandy.
- ☐ Pour over cheese.
- ☐ Garnish with parsley.
- ☐ Place cheese in microwavable plate or dish. Microwave uncovered on Medium (50%) 2 to 3 minutes or just until soft and warm.
- ☐ Place butter in 1-cup microwavable measuring cup. Microwave butter uncovered on High about 1 minute or until melted; stir in almonds and brandy.
- ☐ Pour over cheese.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.08, Inflammation Score:-5, Nutrition Score:8.1573914237644%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 179.56kcal (8.98%), Fat: 12.41g (19.1%), Saturated Fat: 4.35g (27.16%), Carbohydrates: 11.14g (3.71%), Net Carbohydrates: 10.28g (3.74%), Sugar: 1.53g (1.7%), Cholesterol: 15.95mg (5.32%), Sodium: 276.72mg (12.03%), Alcohol: 0.63g (100%), Alcohol %: 1.8% (100%), Protein: 5.23g (10.47%), Vitamin K: 73.97µg (70.44%), Vitamin A: 556.59IU (11.13%), Vitamin E: 1.47mg (9.81%), Vitamin B2: 0.16mg (9.61%), Phosphorus: 90.69mg (9.07%), Manganese: 0.16mg (8.21%), Folate: 29.27µg (7.32%), Calcium: 68.29mg (6.83%), Vitamin C: 5.33mg (6.46%), Iron: 1.15mg (6.39%), Vitamin B1: 0.09mg (6.11%), Vitamin B3: 1mg (4.99%), Selenium: 3.17µg (4.53%), Vitamin B12: 0.27µg (4.44%), Zinc: 0.61mg (4.07%), Magnesium: 16.1mg (4.02%), Fiber: 0.86g (3.44%), Copper: 0.06mg (2.94%), Vitamin B6: 0.05mg (2.75%), Potassium: 88.02mg (2.51%), Vitamin B5: 0.2mg (2.02%)