



Brie with Almonds

 Gluten Free

READY IN



8 min.

SERVINGS



8

CALORIES



95 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 4.5 ounces round of président brie whole
- ☐ 2 tablespoons butter

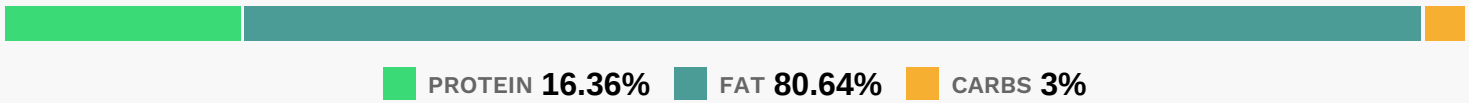
Equipment

- ☐ 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:4.63, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:2.4952173872%

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, 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 Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 95.07kcal (4.75%), Fat: 8.67g (13.34%), Saturated Fat: 3.47g (21.68%), Carbohydrates: 0.72g (0.24%), Net Carbohydrates: 0.36g (0.13%), Sugar: 0.2g (0.22%), Cholesterol: 15.95mg (5.32%), Sodium: 133.34mg (5.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.96g (7.92%), Vitamin B2: 0.12mg (6.88%), Vitamin E: 0.88mg (5.89%), Phosphorus: 44.61mg (4.46%), Vitamin B12: 0.27µg (4.44%), Vitamin A: 219.63IU (4.39%), Calcium: 38.13mg (3.81%), Manganese: 0.07mg (3.56%), Selenium: 2.43µg (3.47%), Zinc: 0.47mg (3.13%), Folate: 11.67µg (2.92%),

Magnesium: 11.06mg (2.76%), Vitamin B6: 0.04mg (2.09%), Copper: 0.03mg (1.63%), Fiber: 0.36g (1.44%), Potassium: 46.78mg (1.34%), Vitamin B5: 0.13mg (1.26%), Vitamin B1: 0.02mg (1.16%), Iron: 0.19mg (1.04%)