



## Brie With Brown Sugar and Nuts

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



558 kcal

SIDE DISH

### Ingredients

- 1 tablespoon bourbon
- 13.2 ounce round brie
- 0.3 cup firmly domino brown sugar light packed
- 1 slices baguette apple and pear french assorted
- 0.3 cup pecans chopped
- 17.3 ounce puff pastry sheets frozen thawed

### Equipment

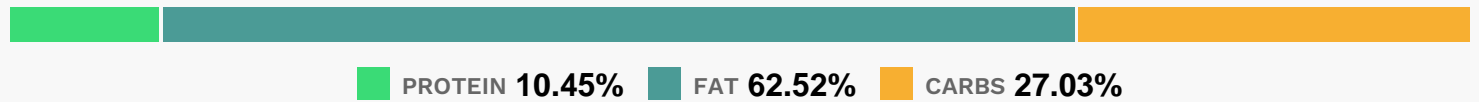
- baking sheet

- oven
- aluminum foil

## Directions

- Stir together first 3 ingredients.
- Place puff pastry sheet on a lightly floured surface; roll out fold lines.
- Spread brown sugar-and-pecan mixture in a 5-inch circle in center of puff pastry sheet.
- Place Brie round on top of pecan mixture.
- Wrap puff pastry around Brie, pinching to seal tightly, and place on an aluminum foil-lined baking sheet, folded side down.
- Bake at 400 for 25 minutes or until pastry is lightly brown. Cool 10 minutes on baking sheet.
- Serve warm with French baguette slices, apple and pear slices, and assorted crackers.

## Nutrition Facts



## Properties

Glycemic Index:18.09, Glycemic Load:15.82, Inflammation Score:-4, Nutrition Score:10.916521629562%

## Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 558kcal (27.9%), Fat: 38.79g (59.68%), Saturated Fat: 14.27g (89.16%), Carbohydrates: 37.74g (12.58%), Net Carbohydrates: 35.95g (13.07%), Sugar: 9.17g (10.19%), Cholesterol: 46.78mg (15.59%), Sodium: 449mg (19.52%), Alcohol: 0.63g (100%), Alcohol %: 0.58% (100%), Protein: 14.59g (29.18%), Selenium: 21.85µg (31.21%), Vitamin B2: 0.43mg (25.05%), Manganese: 0.48mg (24.07%), Vitamin B1: 0.3mg (20.1%), Folate: 80.27µg (20.07%), Vitamin B3: 2.81mg (14.04%), Phosphorus: 136.61mg (13.66%), Vitamin B12: 0.77µg (12.86%), Vitamin K: 11.84µg (11.27%), Iron: 1.97mg (10.95%), Zinc: 1.61mg (10.75%), Calcium: 101.87mg (10.19%), Fiber: 1.79g (7.16%), Vitamin B6:

0.14mg (6.89%), Copper: 0.14mg (6.88%), Magnesium: 25.13mg (6.28%), Vitamin A: 283.81IU (5.68%), Potassium: 151.94mg (4.34%), Vitamin B5: 0.37mg (3.7%), Vitamin E: 0.51mg (3.41%), Vitamin D: 0.23 $\mu$ g (1.56%)