



Brie with Caramelized Onions, Pistachio and Cranberry

READY IN



40 min.

SERVINGS



10

CALORIES



228 kcal

SIDE DISH

Ingredients

- 2 tablespoons stick margarine
- 1 medium onion thinly sliced cut into fourths and
- 0.5 cup cranberries dried
- 1 tablespoon brown sugar packed
- 1 tablespoon balsamic vinegar
- 1 serving vegetable oil
- 15 ounces round of président brie
- 0.3 cup slivered almonds coarsely chopped

- 1 serving round buttery crackers

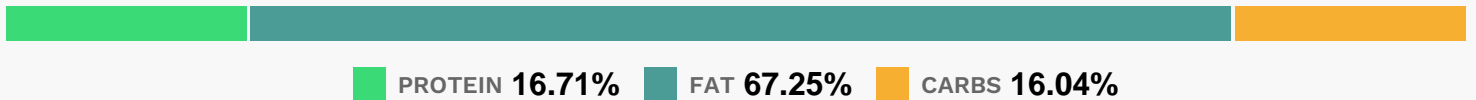
Equipment

- frying pan
- oven

Directions

- Heat oven to 350°.
- Melt butter in 10-inch skillet over medium heat. Cook onion in butter 10 minutes, stirring frequently. Stir in cranberries, brown sugar and vinegar. Cook about 5 minutes, stirring frequently, until mixture is thickened and caramelized.
- Lightly brush ovenproof plate with oil.
- Place cheese on center of plate.
- Bake uncovered 8 to 10 minutes or until cheese is soft and partially melted.
- Spoon onion topping over cheese.
- Sprinkle with nuts.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:0.44, Inflammation Score:-4, Nutrition Score:5.6578260815662%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg 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, Naringenin: 0.01mg Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg, Isorhamnetin: 0.62mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg, Quercetin: 2.52mg

Quercetin: 2.52mg

Nutrients (% of daily need)

Calories: 228.21kcal (11.41%), Fat: 17.36g (26.7%), Saturated Fat: 8.31g (51.91%), Carbohydrates: 9.31g (3.1%), Net Carbohydrates: 8.43g (3.07%), Sugar: 6.71g (7.45%), Cholesterol: 42.52mg (14.17%), Sodium: 310.95mg (13.52%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.7g (19.4%), Vitamin B2: 0.26mg (15.41%), Vitamin B12: 0.7µg (11.74%), Phosphorus: 102.01mg (10.2%), Calcium: 93.36mg (9.34%), Selenium: 6.46µg (9.22%), Folate: 32.11µg (8.03%), Vitamin E: 1.18mg (7.9%), Zinc: 1.13mg (7.55%), Vitamin A: 357.78IU (7.16%), Vitamin B6: 0.12mg (6.04%), Manganese: 0.12mg (5.9%), Vitamin K: 4.86µg (4.63%), Magnesium: 17.83mg (4.46%), Fiber: 0.88g (3.53%), Vitamin B5: 0.34mg (3.43%), Vitamin B1: 0.05mg (3.23%), Potassium: 109.99mg (3.14%), Iron: 0.45mg (2.51%), Copper: 0.05mg (2.35%), Vitamin B3: 0.39mg (1.93%), Vitamin D: 0.21µg (1.42%), Vitamin C: 0.83mg (1.01%)