



Brie with Caramelized Onions, Pistachio and Cranberry

READY IN



40 min.

SERVINGS



10

CALORIES



410 kcal

SIDE DISH

Ingredients

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

☐ 10 servings vegetable oil

Equipment

☐ frying pan

☐ oven

Directions

☐ Heat oven to 35

☐ Melt butter in 10-inch skillet over medium heat. Cook onion in butter 10minutes, stirring frequently. Stir in cranberries, brown sugar and vinegar. Cookabout 5 minutes, stirring frequently, until mixture is thickened and caramelized.

☐ Lightly brush ovenproof plate with oil.

☐ Place cheese on center of plate.

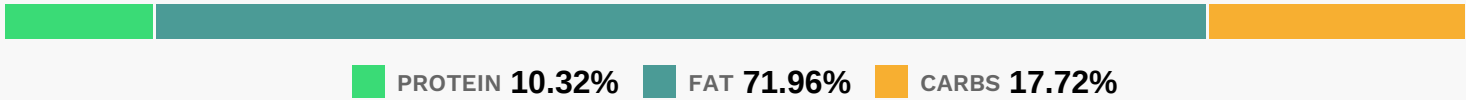
☐ Bakeuncovered 8 to 10 minutes or until cheese is soft and partially melted.

☐ 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:8.7543477960255%

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: 410.44kcal (20.52%), Fat: 33.3g (51.23%), Saturated Fat: 11.01g (68.83%), Carbohydrates: 18.46g (6.15%), Net Carbohydrates: 17.24g (6.27%), Sugar: 7.88g (8.76%), Cholesterol: 42.52mg (14.17%), Sodium: 437.96mg (19.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.74g (21.48%), Vitamin K: 35.23µg (33.55%), Vitamin E: 2.72mg (18.12%), Vitamin B2: 0.3mg (17.65%), Phosphorus: 141.32mg (14.13%), Vitamin B12: 0.7µg (11.74%), Calcium: 115.54mg (11.55%), Folate: 42.48µg (10.62%), Selenium: 7.12µg (10.17%), Manganese: 0.2mg (9.78%), Zinc: 1.22mg (8.14%), Vitamin B1: 0.11mg (7.48%), Vitamin A: 357.78IU (7.16%), Vitamin B6: 0.13mg (6.47%), Iron: 1.1mg (6.1%), Vitamin B3: 1.09mg (5.44%), Magnesium: 20.57mg (5.14%), Fiber: 1.21g (4.85%), Vitamin B5: 0.4mg (3.96%), Potassium: 127.13mg (3.63%), Copper: 0.06mg (3.24%), Vitamin D: 0.21µg (1.42%), Vitamin C: 0.83mg (1.01%)