



## Brie with Cranberries and Pistachio Nuts

READY IN



15 min.

SERVINGS



8

CALORIES



114 kcal

SIDE DISH

### Ingredients

- 8 ounces round of président brie (plain with herbs or )
- 0.3 cup roasted cranberry sauce (whole)
- 1 tablespoon pistachios (coarsely chopped)
- 1 loaf round buttery crackers (sliced)

### Equipment

- frying pan
- oven

## Directions

- Heat oven to 350°. Lightly brush round pan, 8x1 1/2 inches, or ovenproof plate with vegetable oil.
- Place cheese in center of pan. (Do not peel coating from cheese.)
- Bake uncovered 8 to 10 minutes or until cheese is soft and partially melted.
- Top cheese with cranberry sauce and nuts.
- Serve immediately with bread.

## Nutrition Facts

**PROTEIN 21.37%** **FAT 64.79%** **CARBS 13.84%**

## Properties

Glycemic Index:5.63, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.8904348138882%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 114.48kcal (5.72%), Fat: 8.32g (12.8%), Saturated Fat: 4.99g (31.2%), Carbohydrates: 4g (1.33%), Net Carbohydrates: 3.8g (1.38%), Sugar: 2.99g (3.32%), Cholesterol: 28.35mg (9.45%), Sodium: 179.87mg (7.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.35%), Vitamin B2: 0.15mg (8.89%), Vitamin B12: 0.47µg (7.8%), Selenium: 4.22µg (6.02%), Phosphorus: 58.58mg (5.86%), Calcium: 53.6mg (5.36%), Folate: 19.08µg (4.77%), Zinc: 0.7mg (4.66%), Vitamin B6: 0.08mg (4.19%), Vitamin A: 175.39IU (3.51%), Vitamin B5: 0.2mg (2.01%), Vitamin B1: 0.03mg (1.99%), Magnesium: 7mg (1.75%), Potassium: 55.3mg (1.58%), Manganese: 0.03mg (1.34%), Iron: 0.22mg (1.22%), Vitamin E: 0.18mg (1.17%)