



Brie with Cranberries and Pistachio Nuts

 Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



114 kcal

SIDE DISH

Ingredients

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

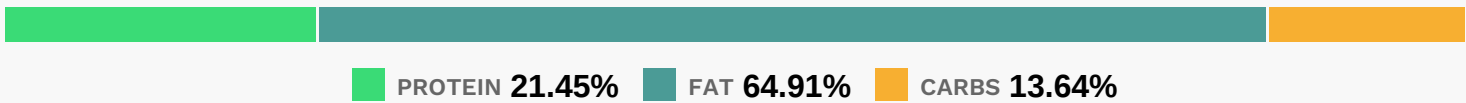
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 35
- ☐ 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



Properties

Glycemic Index:5.63, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.8747826341702%

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, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 113.87kcal (5.69%), Fat: 8.29g (12.76%), Saturated Fat: 4.99g (31.16%), Carbohydrates: 3.92g (1.31%), Net Carbohydrates: 3.73g (1.36%), Sugar: 2.98g (3.31%), Cholesterol: 28.35mg (9.45%), Sodium: 178.77mg (7.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.17g (12.33%), Vitamin B2: 0.15mg (8.87%), Vitamin B12: 0.47µg (7.8%), Selenium: 4.21µg (6.02%), Phosphorus: 58.24mg (5.82%), Calcium: 53.41mg (5.34%), Folate: 18.99µg (4.75%), Zinc: 0.7mg (4.65%), Vitamin B6: 0.08mg (4.19%), Vitamin A: 175.39IU (3.51%), Vitamin B5: 0.2mg (2%), Vitamin B1: 0.03mg (1.95%), Magnesium: 6.98mg (1.75%), Potassium: 55.15mg (1.58%), Manganese: 0.03mg (1.31%), Iron: 0.21mg (1.19%), Vitamin E: 0.17mg (1.14%)