



## Brie with Cranberry Chutney

READY IN



45 min.

SERVINGS



10

CALORIES



187 kcal

SIDE DISH

### Ingredients

- 1 cup cranberries fresh
- 0.7 cup sugar
- 0.3 cup apple cider vinegar
- 2 tablespoons water
- 2 teaspoons ginger finely chopped
- 0.3 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 1 serving vegetable oil
- 8 ounces round of président brie

- 1 serving slivered almonds toasted
- 1 serving round buttery crackers

## Equipment

- sauce pan
- oven

## Directions

- Mix cranberries, sugar, vinegar, water, gingerroot, cinnamon and cloves in 1-quart saucepan.
- Heat to boiling; reduce heat to low. Cook uncovered about 20 minutes, stirring frequently, until thickened. Cool slightly. (Chutney will thicken as it stands.)
- Heat oven to 350°F. Lightly brush ovenproof plate with vegetable oil.
- Place unpeeled cheese on center of plate.
- Bake uncovered 8 to 10 minutes or until cheese is soft and partially melted.
- Spoon half of the chutney over cheese.
- Sprinkle with almonds.
- Serve with crackers. Spoon remaining chutney onto cheese as needed, or save for future use.

## Nutrition Facts



**PROTEIN 10.14%** **FAT 38.69%** **CARBS 51.17%**

## Properties

Glycemic Index:16.71, Glycemic Load:9.38, Inflammation Score:-1, Nutrition Score:2.991739132968%

## Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

## Nutrients (% of daily need)

Calories: 187.43kcal (9.37%), Fat: 8.29g (12.75%), Saturated Fat: 4.26g (26.65%), Carbohydrates: 24.66g (8.22%), Net Carbohydrates: 23.92g (8.7%), Sugar: 22.38g (24.87%), Cholesterol: 22.68mg (7.56%), Sodium: 158.18mg (6.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.89g (9.77%), Vitamin B2: 0.13mg (7.61%), Vitamin B12:

0.37µg (6.24%), Selenium: 3.53µg (5.05%), Phosphorus: 49.29mg (4.93%), Manganese: 0.1mg (4.79%), Calcium: 47.06mg (4.71%), Vitamin K: 4.87µg (4.64%), Folate: 15.99µg (4%), Zinc: 0.57mg (3.82%), Vitamin E: 0.51mg (3.4%), Vitamin B6: 0.06mg (2.99%), Fiber: 0.73g (2.94%), Vitamin A: 134.45IU (2.69%), Vitamin B5: 0.19mg (1.9%), Vitamin B1: 0.02mg (1.66%), Magnesium: 6.29mg (1.57%), Iron: 0.27mg (1.49%), Potassium: 51.26mg (1.46%), Vitamin B3: 0.24mg (1.19%)