



Brie with Cranberry Chutney

READY IN



45 min.

SERVINGS



10

CALORIES



375 kcal

SIDE DISH

Ingredients

- ☐ 8 ounces round of président brie
- ☐ 0.3 cup apple cider vinegar
- ☐ 10 servings round buttery crackers
- ☐ 1 cup cranberries fresh
- ☐ 2 teaspoons ginger finely chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.1 teaspoon ground cloves
- ☐ 10 servings slivered almonds toasted
- ☐ 0.7 cup sugar

- ☐ 10 servings vegetable oil
- ☐ 2 tablespoons water

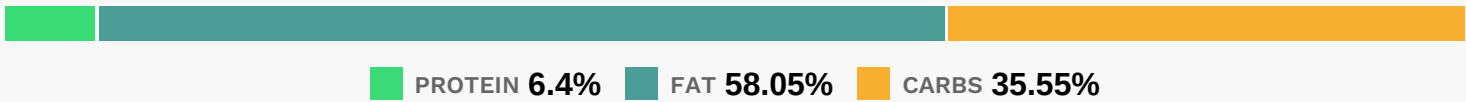
Equipment

- ☐ 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 350F. 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



Properties

Glycemic Index:16.71, Glycemic Load:9.38, Inflammation Score:-2, Nutrition Score:6.3704348360391%

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: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 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: 374.87kcal (18.74%), Fat: 24.68g (37.96%), Saturated Fat: 7g (43.78%), Carbohydrates: 34g (11.33%), Net Carbohydrates: 32.82g (11.93%), Sugar: 23.59g (26.22%), Cholesterol: 22.68mg (7.56%), Sodium: 285.2mg (12.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.24%), Vitamin K: 35.24µg (33.56%), Vitamin E: 2.27mg (15.15%), Vitamin B2: 0.18mg (10.46%), Manganese: 0.19mg (9.71%), Phosphorus: 92.93mg (9.29%), Calcium: 71.66mg (7.17%), Folate: 26.75µg (6.69%), Vitamin B12: 0.37µg (6.24%), Selenium: 4.23µg (6.05%), Vitamin B1: 0.09mg (6.02%), Iron: 0.95mg (5.27%), Vitamin B3: 0.97mg (4.87%), Fiber: 1.18g (4.71%), Zinc: 0.69mg (4.59%), Vitamin B6: 0.07mg (3.48%), Magnesium: 11.46mg (2.86%), Vitamin A: 134.46IU (2.69%), Vitamin B5: 0.25mg (2.48%), Copper: 0.05mg (2.27%), Potassium: 75mg (2.14%)