



## Brie with Cranberry-Pecan Filling

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



197 kcal

SIDE DISH

### Ingredients

- 8 oz baguette thinly sliced
- 8 oz round firm-ripe brie cheese chilled
- 0.5 teaspoon orange peel shredded finely
- 2 tablespoons pecans chopped
- 2 tablespoons cranberries dried sweetened chopped

### Equipment

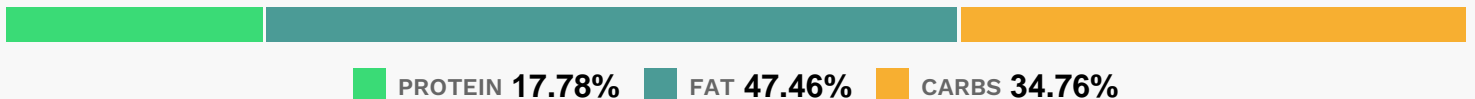
- bowl
- frying pan

- oven
- ramekin
- pie form

## Directions

- Place chopped pecans and pecan halves in a 9-inch pie pan.
- Bake in a 325 regular or convection oven, shaking pan once, until chopped nuts are golden under skin, 6 to 8 minutes.
- In a small bowl, mix toasted chopped nuts, cranberries, and orange peel.
- Split cheese in half horizontally to make two layers. Set one layer, cut side up, on a plate or, if baking it, in a shallow, ovenproof ramekin or on an ovenproof rimmed plate.
- Spread cranberry mixture evenly over cheese. Set other layer, cut side down, on filling and press down gently. Arrange nut halves on top.
- Serve at room temperature (see notes) or warm.
- To serve warm, bake in a 325 regular or convection oven until cheese is warm and beginning to soften, 6 to 8 minutes.
- Serve baguette slices alongside.

## Nutrition Facts



## Properties

Glycemic Index:13.59, Glycemic Load:9.4, Inflammation Score:-3, Nutrition Score:6.2165217684663%

## Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 197.06kcal (9.85%), Fat: 10.47g (16.1%), Saturated Fat: 5.24g (32.78%), Carbohydrates: 17.25g (5.75%), Net Carbohydrates: 16.2g (5.89%), Sugar: 4.28g (4.75%), Cholesterol: 28.35mg (9.45%), Sodium: 353.71mg (15.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.65%), Vitamin B2: 0.24mg (14.28%), Vitamin B1: 0.2mg (13.47%), Manganese: 0.26mg (13.18%), Selenium: 9.11µg (13.01%), Folate: 49.35µg (12.34%), Phosphorus: 87.48mg (8.75%), Calcium: 84.22mg (8.42%), Vitamin B12: 0.47µg (7.8%), Vitamin B3: 1.45mg (7.23%), Zinc: 1.02mg (6.77%), Iron: 1.2mg (6.66%), Vitamin B6: 0.1mg (5.15%), Fiber: 1.05g (4.19%), Magnesium: 16.24mg (4.06%), Copper: 0.07mg (3.61%), Vitamin A: 169.75IU (3.4%), Vitamin B5: 0.33mg (3.33%), Potassium: 90.6mg (2.59%), Vitamin K: 1.88µg (1.79%), Vitamin E: 0.26mg (1.76%)