



Brie with Dried Fruit

READY IN



20 min.

SERVINGS



12

CALORIES



119 kcal

SIDE DISH

Ingredients

- ☐ 8 oz round of président brie
- ☐ 3 tablespoons maple syrup
- ☐ 3 tablespoons brown sugar packed
- ☐ 1 tablespoon pear liqueur orange-flavored
- ☐ 0.5 cup fruit dried (cranberries, raisins and/or apricots)
- ☐ 0.3 cup pecans toasted coarsely chopped
- ☐ 1 slices crusty baguette toasted

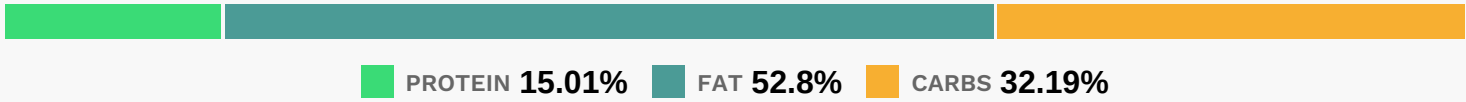
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 350°F. Line cookie sheet with foil.
- ☐ Place cheese on cookie sheet.
- ☐ Bake 10 minutes or until cheese begins to soften.
- ☐ Meanwhile, in 8-inch sauté pan or skillet, heat syrup, brown sugar and liqueur to boiling. Cook until mixture becomes thick and syrupy.
- ☐ Place warm Brie on serving plate. Top with dried fruit and pecans.
- ☐ Pour syrup over top.
- ☐ Serve with baguette slices.

Nutrition Facts



Properties

Glycemic Index:14.69, Glycemic Load:2.42, Inflammation Score:-1, Nutrition Score:3.1843478415647%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg

Nutrients (% of daily need)

Calories: 119.31kcal (5.97%), Fat: 6.96g (10.71%), Saturated Fat: 3.45g (21.54%), Carbohydrates: 9.54g (3.18%), Net Carbohydrates: 9.11g (3.31%), Sugar: 7.48g (8.32%), Cholesterol: 18.9mg (6.3%), Sodium: 136.82mg (5.95%), Alcohol: 0.5g (100%), Alcohol %: 1.81% (100%), Protein: 4.45g (8.9%), Manganese: 0.25mg (12.32%), Vitamin B2: 0.17mg (10.27%), Vitamin B12: 0.31µg (5.2%), Calcium: 49.81mg (4.98%), Selenium: 3.33µg (4.76%), Phosphorus: 45.59mg

(4.56%), Zinc: 0.62mg (4.14%), Folate: 15.82µg (3.95%), Vitamin B1: 0.05mg (3.23%), Vitamin B6: 0.05mg (2.75%), Magnesium: 9.67mg (2.42%), Vitamin A: 113.32IU (2.27%), Copper: 0.04mg (2.01%), Potassium: 67.92mg (1.94%), Fiber: 0.44g (1.75%), Vitamin B5: 0.17mg (1.71%), Iron: 0.3mg (1.69%), Vitamin B3: 0.24mg (1.19%)