



Brie with Jeweled Fruit Compote

 Vegetarian  Gluten Free

READY IN



6 min.

SERVINGS



16

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 3 tablespoons brandy
- ☐ 8 ounce round of président brie
- ☐ 2 tablespoons brown sugar
- ☐ 0.3 cup cherries dried
- ☐ 0.3 cup apricot dried sliced
- ☐ 6 small figs dried quartered
- ☐ 0.8 teaspoon rosemary leaves fresh chopped

- ☐ 0.3 cup golden raisins
- ☐ 1 Dash kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons water
- ☐ 1 teaspoon coarse mustard

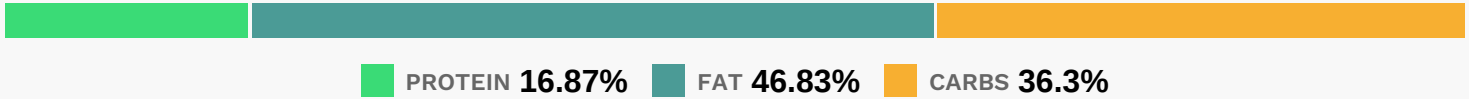
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Combine all ingredients except cheese in a medium microwave-safe bowl. Microwave at HIGH 2 minutes. Stir mixture; microwave at HIGH 1 minute or until bubbly.
- ☐ Serve warm fruit over Brie.

Nutrition Facts



Properties

Glycemic Index:15.57, Glycemic Load:1.93, Inflammation Score:-2, Nutrition Score:2.0617391350477%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 80.55kcal (4.03%), Fat: 3.99g (6.14%), Saturated Fat: 2.48g (15.48%), Carbohydrates: 6.96g (2.32%), Net Carbohydrates: 6.36g (2.31%), Sugar: 5.69g (6.32%), Cholesterol: 14.17mg (4.72%), Sodium: 96.35mg (4.19%), Alcohol: 0.94g (100%), Alcohol %: 3.83% (100%), Protein: 3.24g (6.47%), Vitamin B2: 0.08mg (4.89%), Vitamin B12: 0.23µg (3.9%), Calcium: 35.18mg (3.52%), Phosphorus: 33.77mg (3.38%), Selenium: 2.26µg (3.23%), Vitamin A: 159.3IU (3.19%), Potassium: 90.92mg (2.6%), Folate: 10.07µg (2.52%), Zinc: 0.38mg (2.52%), Vitamin B6: 0.05mg (2.46%), Fiber: 0.6g (2.4%), Manganese: 0.04mg (1.92%), Magnesium: 6.95mg (1.74%), Copper: 0.03mg (1.5%), Iron: 0.25mg (1.41%), Vitamin B5: 0.13mg (1.33%)