



Brie with Strawberries and Honey

READY IN



48 min.

SERVINGS



4

CALORIES



236 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons almonds toasted sliced
- ☐ 7 ounce brie round
- ☐ 6 inch cedar grilling plank
- ☐ 4 servings gingersnaps thin
- ☐ 2 tablespoons honey
- ☐ 0.5 cup strawberries sliced

Equipment

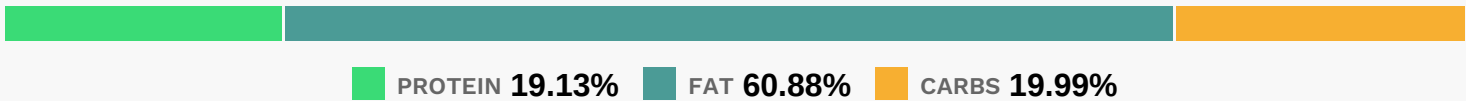
- ☐ grill

☐ tongs

Directions

- ☐ Soak plank in water at least 30 minutes. Preheat grill to medium-high heat (350 to 400).
- ☐ Place plank on hot grill, close lid, and heat 2 to 3 minutes.
- ☐ Remove plank with tongs, and place Brie in center of grilled side of plank. Return to grill, and cook 10 minutes or until cheese is soft. Top with strawberries, almonds, and honey.
- ☐ Serve on plank with gingersnaps and water crackers.

Nutrition Facts



Properties

Glycemic Index:32.32, Glycemic Load:5.03, Inflammation Score:-4, Nutrition Score:7.296956523605%

Flavonoids

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Nutrients (% of daily need)

Calories: 236.49kcal (11.82%), Fat: 16.39g (25.21%), Saturated Fat: 8.85g (55.31%), Carbohydrates: 12.11g (4.04%), Net Carbohydrates: 11.08g (4.03%), Sugar: 10.14g (11.27%), Cholesterol: 49.61mg (16.54%), Sodium: 318.26mg (13.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.59g (23.17%), Vitamin B2: 0.33mg (19.17%), Vitamin B12: 0.82µg (13.64%), Vitamin C: 10.64mg (12.89%), Phosphorus: 122.89mg (12.29%), Manganese: 0.22mg (11.23%), Calcium: 109.02mg (10.9%), Selenium: 7.61µg (10.87%), Folate: 39.85µg (9.96%), Vitamin E: 1.46mg (9.74%), Zinc:

1.39mg (9.27%), Vitamin B6: 0.14mg (6.77%), Magnesium: 26.46mg (6.62%), Vitamin A: 295.93IU (5.92%), Potassium: 148.52mg (4.24%), Fiber: 1.03g (4.11%), Vitamin B5: 0.4mg (3.99%), Copper: 0.08mg (3.82%), Iron: 0.62mg (3.42%), Vitamin B1: 0.05mg (3.42%), Vitamin B3: 0.48mg (2.42%), Vitamin D: 0.25µg (1.65%), Vitamin K: 1.56µg (1.49%)