



Brie with Strawberries on Brioche Crostini

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 6 slices brioche bread 1 sliced
- ☐ 0.5 small brie wheel 2 inches diameter
- ☐ 0.5 teaspoon chives chopped
- ☐ 3 ounces whipped cream cheese at room temperature
- ☐ 6 sprigs parsley
- ☐ 1 large strawberry

Equipment

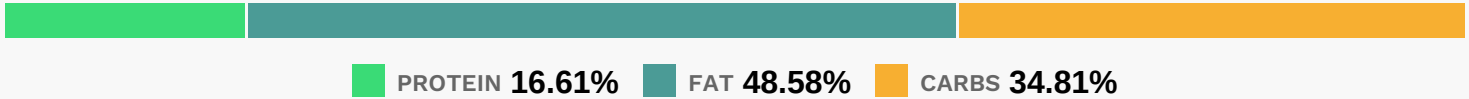
- ☐ baking sheet

- ☐ oven
- ☐ spatula
- ☐ pastry bag

Directions

- ☐ Preheat the oven to 325 degrees F.
- ☐ Using a 1 1/2-inch diameter biscuit cutter, cut the sliced bread into 6 circles and put on a baking sheet. Toast the brioche circles in the oven for 3 to 5 minutes, until golden brown. With a rubber spatula, fold together the cream cheese and chopped chives and place in a small pastry bag with star tip. Pipe out about 1/2-ounce of cream cheese and chive mixture onto each toasted brioche circle.
- ☐ Cut off top of strawberry, slice in half lengthwise, then cut each half into 3 wedges.
- ☐ Cut the 1/2 wheel of Brie into 6 triangle wedges.
- ☐ Place 1 wedge of strawberry and 1 wedge of Brie standing up on the cream cheese.
- ☐ Place 1 parsley sprig on top of each.

Nutrition Facts



Properties

Glycemic Index:42.94, Glycemic Load:8.25, Inflammation Score:-3, Nutrition Score:6.9978260527486%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 1.12mg, Pelargonidin: 1.12mg, Pelargonidin: 1.12mg, Pelargonidin: 1.12mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 177.88kcal (8.89%), Fat: 9.66g (14.86%), Saturated Fat: 5.43g (33.97%), Carbohydrates: 15.57g (5.19%), Net Carbohydrates: 14.32g (5.21%), Sugar: 3.05g (3.39%), Cholesterol: 29.61mg (9.87%), Sodium: 252.64mg (10.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.86%), Manganese: 0.36mg (17.98%), Vitamin K: 18.75µg (17.86%), Selenium: 11.01µg (15.73%), Vitamin B2: 0.18mg (10.57%), Folate: 39.15µg (9.79%), Vitamin B1: 0.14mg (9.03%), Calcium: 86.15mg (8.61%), Phosphorus: 85.85mg (8.59%), Vitamin B3: 1.68mg (8.39%), Iron: 1.19mg (6.62%), Vitamin A: 297.56IU (5.95%), Vitamin B12: 0.35µg (5.86%), Zinc: 0.81mg (5.4%), Fiber: 1.25g (4.98%), Vitamin C: 4.08mg (4.95%), Magnesium: 17.93mg (4.48%), Vitamin B6: 0.08mg (4.21%), Vitamin B5: 0.41mg (4.13%), Potassium: 101.62mg (2.9%), Copper: 0.05mg (2.51%), Vitamin E: 0.21mg (1.4%), Vitamin D: 0.15µg (1.01%)