



Cedar-Planked Brie and Berries

READY IN



55 min.

SERVINGS



10

CALORIES



146 kcal

SIDE DISH

Ingredients

- 1 cedar plank
- 4.5 oz round of président brie
- 0.5 cup mangos diced
- 0.5 cup raspberries fresh
- 0.5 teaspoon kosher salt (coarse)
- 2 tablespoons honey
- 10 slices crusty baguette french (1/)

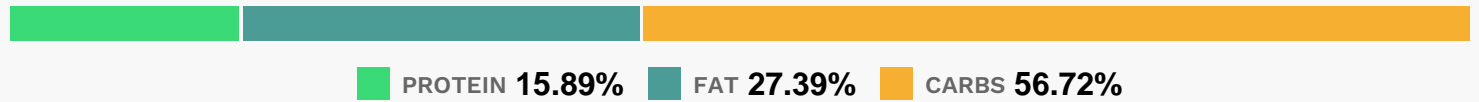
Equipment

grill

Directions

- Soak cedar plank in water at least 30 minutes. Meanwhile, heat gas or charcoal grill.
- Remove plank from water.
- Place cheese (in rind) on plank. Spoon mango and raspberries over cheese.
- Sprinkle with salt.
- Place plank with cheese on grill over medium heat. Cover grill; cook 15 to 20 minutes or until cheese is warm.
- Remove plank from grill.
- Transfer cheese and fruits to serving plate.
- Drizzle honey over cheese and fruits.
- Serve with bread slices.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:13.04, Inflammation Score:-3, Nutrition Score:5.3495651768601%

Flavonoids

Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg, Cyanidin: 2.75mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 146.33kcal (7.32%), Fat: 4.48g (6.89%), Saturated Fat: 2.4g (15.02%), Carbohydrates: 20.86g (6.95%), Net Carbohydrates: 19.66g (7.15%), Sugar: 6.4g (7.11%), Cholesterol: 12.76mg (4.25%), Sodium: 394.59mg (17.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.69%), Vitamin B1: 0.2mg (13.29%), Folate: 47.42µg (11.86%), Selenium: 7.45µg (10.64%), Vitamin B2: 0.18mg (10.36%), Manganese: 0.2mg (10.09%), Vitamin B3: 1.6mg (7.99%), Iron: 1.24mg (6.89%), Calcium: 59.8mg (5.98%), Phosphorus: 57.45mg (5.74%), Vitamin C: 4.6mg (5.57%), Fiber: 1.2g (4.81%), Zinc: 0.6mg (3.99%), Vitamin B6: 0.08mg (3.87%), Vitamin B12: 0.21µg (3.51%), Vitamin A: 166.77IU (3.34%), Magnesium: 13.1mg (3.28%), Copper: 0.06mg (2.87%), Vitamin B5: 0.25mg (2.48%), Potassium: 84.2mg (2.41%), Vitamin K: 2.07µg (1.97%), Vitamin E: 0.25mg (1.67%)