



Chutney Baked Brie

 Vegetarian

READY IN



25 min.

SERVINGS



32

CALORIES



177 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.2 pound wheel brie cheese
- ☐ 1 cup cashew pieces chopped
- ☐ 1 baguette french cut into 1/2 inch slices
- ☐ 2 teaspoons ground curry powder
- ☐ 12 ounce mango chutney

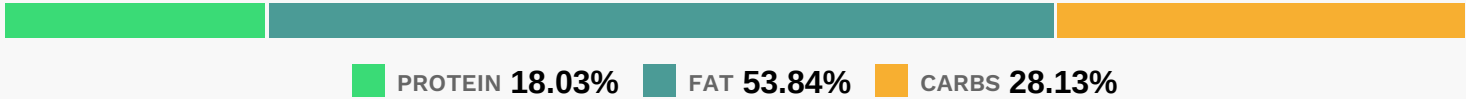
Equipment

- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Sprinkle curry powder over top and sides of Brie; rub the curry powder into the rind to thoroughly coat the surface.
- ☐ Place the Brie wheel in a large pie plate or oven proof dish.
- ☐ Spread a generous layer of chutney over the top, and evenly sprinkle with cashews.
- ☐ Bake 15 minutes in the preheated oven, or until cashews are slightly golden and cheese inside the rind is melted.
- ☐ Serve with slices of baguette.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:6.86, Inflammation Score:-2, Nutrition Score:4.9026086382244%

Nutrients (% of daily need)

Calories: 176.64kcal (8.83%), Fat: 10.64g (16.38%), Saturated Fat: 5.79g (36.16%), Carbohydrates: 12.51g (4.17%), Net Carbohydrates: 12.06g (4.38%), Sugar: 5.9g (6.56%), Cholesterol: 31.18mg (10.39%), Sodium: 248.38mg (10.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.03%), Vitamin B2: 0.2mg (11.65%), Selenium: 6.9µg (9.86%), Phosphorus: 92.41mg (9.24%), Vitamin B12: 0.51µg (8.58%), Folate: 31µg (7.75%), Zinc: 1.05mg (6.99%), Calcium: 69.8mg (6.98%), Manganese: 0.12mg (6.16%), Copper: 0.12mg (5.78%), Vitamin B1: 0.09mg (5.76%), Magnesium: 20.78mg (5.2%), Vitamin B6: 0.1mg (5.09%), Iron: 0.78mg (4.35%), Vitamin A: 185.84IU (3.72%), Vitamin B5: 0.28mg (2.82%), Potassium: 93.81mg (2.68%), Vitamin B3: 0.52mg (2.62%), Vitamin K: 2.45µg (2.33%), Fiber: 0.46g (1.82%), Vitamin C: 0.97mg (1.18%), Vitamin E: 0.17mg (1.16%), Vitamin D: 0.16µg (1.04%)