



## Chutney-Topped Brie

 Vegetarian  Gluten Free

READY IN



13 min.

SERVINGS



8

CALORIES



111 kcal

CONDIMENT

DIP

SPREAD

### Ingredients

- 2 tablespoons almonds chopped
- 0.3 cup apricot chutney
- 8 oz round of président brie

### Equipment

- frying pan
- oven

## Directions

- Trim and discard rind from top of an 8-oz. Brie round, leaving a 1/4-inch border.
- Place Brie in an ovenproof serving dish; top with 1/4 cup apricot chutney.
- Bake at 400 for 10 minutes or until cheese is melted.
- Heat 2 Tbsp. chopped almonds in a small nonstick skillet over medium-low heat, stirring often, 2 to 3 minutes or until toasted.
- Sprinkle Brie evenly with almonds.

## Nutrition Facts

**PROTEIN 23.02%** **FAT 72.71%** **CARBS 4.27%**

## Properties

Glycemic Index:9.83, Glycemic Load:0.24, Inflammation Score:-2, Nutrition Score:3.5591304250385%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 111.49kcal (5.57%), Fat: 9.12g (14.03%), Saturated Fat: 5.03g (31.43%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 0.8g (0.29%), Sugar: 0.68g (0.76%), Cholesterol: 28.35mg (9.45%), Sodium: 178.39mg (7.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.49g (12.99%), Vitamin B2: 0.18mg (10.46%), Vitamin B12: 0.47µg (7.8%), Phosphorus: 66.44mg (6.64%), Selenium: 4.22µg (6.03%), Calcium: 59.52mg (5.95%), Vitamin A: 261.14IU (5.22%), Zinc: 0.76mg (5.08%), Vitamin E: 0.75mg (5.01%), Folate: 19.96µg (4.99%), Vitamin B6: 0.07mg (3.63%), Manganese: 0.07mg (3.52%), Magnesium: 12.9mg (3.23%), Vitamin B5: 0.22mg (2.19%), Potassium: 73.96mg (2.11%), Vitamin B1: 0.03mg (1.76%), Copper: 0.03mg (1.75%), Fiber: 0.41g (1.64%), Iron: 0.25mg (1.41%), Vitamin B3: 0.23mg (1.14%)