



Coffee-Pecan Brie

READY IN



15 min.

SERVINGS



10

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 17 oz brie rounds
- ☐ 3 tablespoons brown sugar
- ☐ 10 servings chocolate wafers
- ☐ 0.3 cup rum / brandy / coffee liqueur homemade
- ☐ 0.8 cup pecans chopped

Equipment

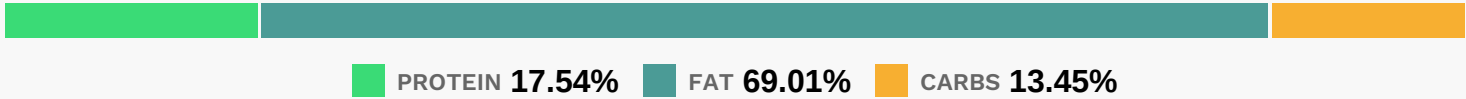
- ☐ bowl
- ☐ frying pan

☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Bake pecans in a single layer in a shallow pan 8 to 10 minutes or until toasted and fragrant.
- ☐ Meanwhile, trim and discard rind from top of each Brie round, leaving a 1/4-inch border.
- ☐ Place each Brie round in a shallow ovenproof serving dish.
- ☐ Stir together Homemade Coffee Liqueur and brown sugar in small bowl until blended.
- ☐ Pour mixture over Brie rounds.
- ☐ Bake at 350 for 18 to 20 minutes or until cheese bubbles on top.
- ☐ Sprinkle with pecans.
- ☐ Let stand 10 minutes.
- ☐ Serve with crackers or chocolate wafers.
- ☐ *Store-bought coffee liqueur may be substituted.

Nutrition Facts



Properties

Glycemic Index:8.65, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:6.2465217881229%

Flavonoids

Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg, Cyanidin: 0.8mg Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg, Delphinidin: 0.54mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg

Nutrients (% of daily need)

Calories: 250.52kcal (12.53%), Fat: 18.86g (29.01%), Saturated Fat: 8.89g (55.58%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 7.52g (2.74%), Sugar: 7.14g (7.93%), Cholesterol: 48.21mg (16.07%), Sodium: 310.42mg (13.5%), Alcohol: 1.28g (100%), Alcohol %: 2.45% (100%), Protein: 10.78g (21.56%), Manganese: 0.36mg (17.99%), Vitamin B2: 0.26mg (15.47%), Vitamin B12: 0.8µg (13.27%), Phosphorus: 112.64mg (11.26%), Selenium: 7.37µg (10.53%), Zinc:

1.5mg (9.97%), Calcium: 97.17mg (9.72%), Folate: 33.47µg (8.37%), Vitamin B6: 0.13mg (6.54%), Vitamin A: 289.59IU (5.79%), Vitamin B1: 0.08mg (5.65%), Copper: 0.1mg (5.23%), Magnesium: 19.48mg (4.87%), Vitamin B5: 0.41mg (4.05%), Potassium: 110.59mg (3.16%), Fiber: 0.75g (2.99%), Iron: 0.49mg (2.75%), Vitamin D: 0.24µg (1.61%), Vitamin B3: 0.3mg (1.51%), Vitamin E: 0.23mg (1.51%), Vitamin K: 1.39µg (1.33%)