



Cranberry Brie

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 inch round of président brie (2 pounds)
- ☐ 0.3 cup honey
- ☐ 3 tablespoons brown sugar light
- ☐ 0.8 cup pecans finely chopped
- ☐ 0.8 cup cranberries dried sweetened

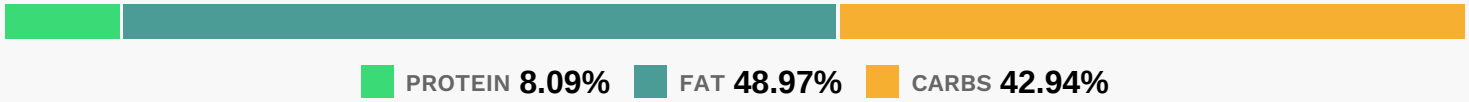
Equipment

- ☐ microwave

Directions

- ☐ Trim rind from top of Brie, leaving a 1/2" border.
- ☐ Place Brie on a microwave-safe plate.
- ☐ Combine cranberries, pecans, and sugar; sprinkle over Brie.
- ☐ Drizzle with honey. Cover and chill until ready to heat.
- ☐ Microwave at HIGH 1 1/2 to 2 minutes or just until cheese is softened.
- ☐ Serve with crackers and pear slices.
- ☐ For Entertaining: If you can't find a 2-pound wheel of Brie, buy 4 (8-ounce) rounds of Brie. Divide the topping evenly among the 4 rounds and microwave, 2 at a time, at HIGH 1 1/2 minutes. For an interesting presentation, stack the Brie on a serving tray.

Nutrition Facts



Properties

Glycemic Index:5.58, Glycemic Load:2.31, Inflammation Score:-1, Nutrition Score:2.2443478398997%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 105.85kcal (5.29%), Fat: 6.1g (9.38%), Saturated Fat: 1.8g (11.25%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 11.22g (4.08%), Sugar: 10.9g (12.11%), Cholesterol: 8.5mg (2.83%), Sodium: 54.59mg (2.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.53%), Manganese: 0.25mg (12.68%), Copper: 0.07mg (3.47%), Fiber: 0.8g (3.21%), Vitamin B2: 0.05mg (3.2%), Phosphorus: 30.89mg (3.09%), Zinc: 0.45mg (3.01%), Vitamin B1: 0.04mg (2.69%), Vitamin B12: 0.14µg (2.34%), Selenium: 1.53µg (2.19%), Calcium: 21.91mg (2.19%), Magnesium: 8.42mg (2.1%), Vitamin B6: 0.04mg (1.75%), Folate: 6.78µg (1.69%), Vitamin E: 0.21mg (1.41%), Iron: 0.23mg (1.29%), Vitamin B5: 0.12mg (1.22%), Potassium: 42.4mg (1.21%), Vitamin A: 53.18IU (1.06%)