



Cranberry-Topped Brie

READY IN



25 min.

SERVINGS



12

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 8 oz round of président brie
- ☐ 0.5 cup roasted cranberry sauce
- ☐ 2 tablespoons almonds sliced
- ☐ 0.5 package graham cracker squares (9.5-oz size)

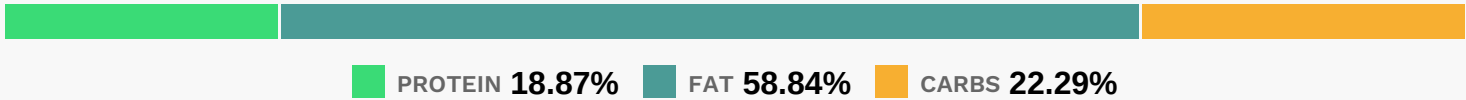
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat oven to 325°F.
- ☐ Place cheese on cookie sheet.
- ☐ Bake 10 to 15 minutes or until softened.
- ☐ Spoon cranberry sauce over cheese; sprinkle with almonds.
- ☐ Bake about 5 minutes longer or until sauce is heated.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:2.3621738974167%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 91.5kcal (4.58%), Fat: 6.09g (9.37%), Saturated Fat: 3.35g (20.96%), Carbohydrates: 5.19g (1.73%), Net Carbohydrates: 4.85g (1.76%), Sugar: 3.88g (4.31%), Cholesterol: 18.9mg (6.3%), Sodium: 119.75mg (5.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.78%), Vitamin B2: 0.12mg (7.05%), Vitamin B12: 0.31µg (5.2%), Phosphorus: 44.1mg (4.41%), Selenium: 2.86µg (4.08%), Calcium: 39.64mg (3.96%), Vitamin E: 0.58mg (3.87%), Zinc: 0.51mg (3.37%), Folate: 13.15µg (3.29%), Manganese: 0.05mg (2.58%), Vitamin B6: 0.05mg (2.42%), Vitamin A: 116.8IU (2.34%), Magnesium: 8.54mg (2.13%), Vitamin B5: 0.14mg (1.38%), Fiber: 0.34g (1.35%), Potassium: 44.28mg (1.27%), Vitamin B1: 0.02mg (1.23%), Copper: 0.02mg (1.19%), Iron: 0.21mg (1.14%)