



Crescent Wrapped Brie

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



68 kcal

SIDE DISH

Ingredients

- 8 ounce round brie cheese
- 1 eggs beaten

Equipment

- baking sheet
- oven

Directions

- Heat oven to 350 degrees F.
- If using crescent rolls: Unroll dough; separate crosswise into 2 sections. Pat dough and firmly press perforations to seal, forming 2 squares. If using dough sheet: Unroll dough; cut crosswise into 2 rectangles. Pat dough to form 2 squares.
- Place 1 square on ungreased cookie sheet.
- Place cheese on center of dough. With small cookie or canape cutter, cut 1 shape from each corner of remaining square; set cutouts aside.
- Place remaining square on top of cheese round. Press dough evenly around cheese; fold bottom edges over top edges. Gently stretch dough evenly around cheese; press to seal completely.
- Brush with beaten egg. Top with cutouts; brush with additional beaten egg.
- Bake 20 to 24 minutes or until golden brown. Cool 15 minutes.
- Serve warm.

Nutrition Facts

PROTEIN 25.74%

FAT 73.61%

CARBS 0.65%

Properties

Glycemic Index:2.25, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.0373913062655%

Nutrients (% of daily need)

Calories: 68.37kcal (3.42%), Fat: 5.58g (8.59%), Saturated Fat: 3.4g (21.27%), Carbohydrates: 0.11g (0.04%), Net Carbohydrates: 0.11g (0.04%), Sugar: 0.1g (0.11%), Cholesterol: 32.54mg (10.85%), Sodium: 124.09mg (5.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.79%), Vitamin B2: 0.12mg (6.77%), Vitamin B12: 0.34µg (5.74%), Selenium: 3.87µg (5.52%), Phosphorus: 42.79mg (4.28%), Calcium: 36.83mg (3.68%), Folate: 14.01µg (3.5%), Zinc: 0.5mg (3.31%), Vitamin A: 131.69IU (2.63%), Vitamin B6: 0.05mg (2.53%), Vitamin B5: 0.19mg (1.87%), Vitamin D: 0.17µg (1.12%), Magnesium: 4.22mg (1.05%)