

Filo-wrapped Brie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 8 oz round firm-ripe brie cheese
- ☐ 2 tablespoons butter melted
- ☐ 4 sheets filo dough frozen thawed (12 by 18 in.) (see notes)
- ☐ 0.3 cup basil leaves fresh chopped
- ☐ 0.3 cup oil-packed tomatoes dried with 1 tablespoon oil reserved drained
- ☐ 0.3 cup pinenuts

Equipment

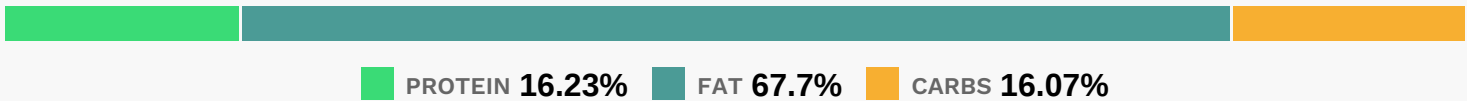
- ☐ bowl

- ☐ oven
- ☐ spatula
- ☐ pie form

Directions

- ☐ Place nuts in a 9-inch pie pan and bake in a 350 regular or convection oven until golden, 5 to 7 minutes.
- ☐ Meanwhile, chop tomatoes. In a small bowl, mix oil and butter.
- ☐ Cut filo sheets into 12-inch squares. One at a time, brush squares lightly with butter mixture and stack.
- ☐ Spread chopped tomatoes, basil, and toasted nuts in center of filo stack in a round that matches the size of the cheese.
- ☐ Place cheese on top of tomato mixture. Fold corners of filo stack, one at a time, over cheese and brush lightly with butter mixture. Press filo against cheese to make a smooth package.
- ☐ Place wrapped cheese, smooth side up, in 9-inch pie pan.
- ☐ Brush top of filo with remaining butter mixture.
- ☐ Bake in a 350 regular or convection oven until filo is golden, 25 to 30 minutes. Cool about 10 minutes.
- ☐ With a wide spatula, transfer filo-wrapped brie to a plate. To serve, cut a big X in center or cut off a corner so guests can scoop out cheese mixture.

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:2.32, Inflammation Score:-3, Nutrition Score:6.6073912563531%

Nutrients (% of daily need)

Calories: 185.62kcal (9.28%), Fat: 14.25g (21.93%), Saturated Fat: 7.09g (44.33%), Carbohydrates: 7.62g (2.54%), Net Carbohydrates: 6.85g (2.49%), Sugar: 1.59g (1.77%), Cholesterol: 35.87mg (11.96%), Sodium: 250.5mg (10.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.69g (15.37%), Manganese: 0.5mg (24.91%), Vitamin B2: 0.21mg (12.23%), Phosphorus: 98.18mg (9.82%), Selenium: 6.58µg (9.4%), Vitamin B12: 0.47µg (7.9%), Folate: 31.17µg

(7.79%), Vitamin K: 8µg (7.62%), Zinc: 1.07mg (7.14%), Vitamin B1: 0.11mg (7.01%), Vitamin A: 326.12IU (6.52%), Magnesium: 24.9mg (6.23%), Copper: 0.12mg (6.12%), Calcium: 59.83mg (5.98%), Iron: 1.02mg (5.65%), Potassium: 196.27mg (5.61%), Vitamin B3: 1mg (5%), Vitamin B6: 0.09mg (4.31%), Vitamin E: 0.56mg (3.71%), Vitamin B5: 0.31mg (3.15%), Fiber: 0.77g (3.09%), Vitamin C: 1.52mg (1.84%)