



Garlicky Baked Brie

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



16

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 9 inch wheel brie cheese
- 5 cloves garlic crushed
- 1.5 tablespoons pepper jelly red divided

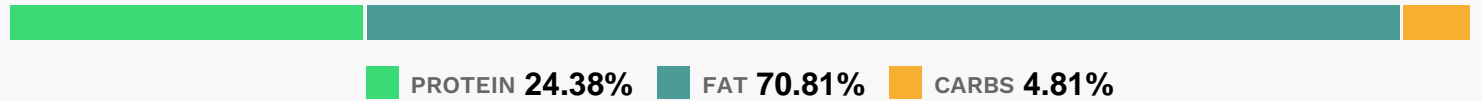
Equipment

- oven
- casserole dish

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Cut Brie cheese round in half lengthwise, creating two thinner wheels.
- Spread crushed garlic on cut surface of 1 half; top garlic layer with 1 1/2 teaspoons red pepper jelly.
- Place the other Brie cheese half on top of filling.
- Spread remaining 1 tablespoon red pepper jelly on top of Brie cheese; place in a round casserole dish.
- Bake in the preheated oven until rind begins to soften, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:5.56, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.1108695780453%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 33.56kcal (1.68%), Fat: 2.66g (4.09%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 0.41g (0.14%), Net Carbohydrates: 0.37g (0.13%), Sugar: 0.09g (0.1%), Cholesterol: 9.56mg (3.19%), Sodium: 60.34mg (2.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.11%), Vitamin B2: 0.05mg (3.03%), Vitamin B12: 0.16µg (2.63%), Selenium: 1.52µg (2.17%), Phosphorus: 19.64mg (1.96%), Calcium: 19.35mg (1.94%), Vitamin B6: 0.04mg (1.83%), Vitamin C: 1.41mg (1.71%), Vitamin A: 83.99IU (1.68%), Folate: 6.64µg (1.66%), Zinc: 0.24mg (1.6%)