



Gina's BBQ Brie with Raspberries

READY IN

ready

115 min.

SERVINGS

servings

6

CALORIES

calories

298 kcal

SIDE DISH

Ingredients

- ☐ 1 small wheel brie cheese
- ☐ 6 servings round buttery crackers for serving
- ☐ 0.5 cup brown sugar light
- ☐ 2 cups raspberries fresh
- ☐ 1 pinch pepper flakes red
- ☐ 0.3 cup red wine vinegar

Equipment

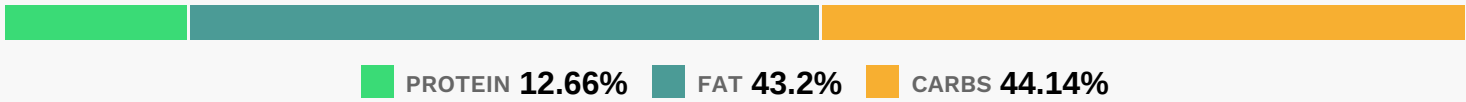
- ☐ sauce pan

☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: small square cedar plank, soaked in water for 1 hour
- ☐ Preheat grill to medium-high heat.
- ☐ Add raspberries, red wine vinegar, brown sugar, and pinch of red pepper flakes to a medium saucepan and bring to a boil over medium heat. Simmer for 25 minutes until thick.
- ☐ Put the wheel of brie in center of the cedar plank. Scoop the raspberry syrup on top.
- ☐ Place cedar plank with cheese away from the flames on the grill. Cover the lid and cook for 20 minutes until the brie is soft and oozy to the touch.
- ☐ Remove from the grill and serve directly from the plank with crackers alongside.

Nutrition Facts



Properties

Glycemic Index:8.83, Glycemic Load:0.61, Inflammation Score:-4, Nutrition Score:8.3617391171663%

Flavonoids

Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg, Cyanidin: 18.31mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg, Delphinidin: 0.53mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg, Epicatechin: 1.41mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 297.56kcal (14.88%), Fat: 14.41g (22.17%), Saturated Fat: 7.43g (46.46%), Carbohydrates: 33.12g (11.04%), Net Carbohydrates: 30.15g (10.96%), Sugar: 21.02g (23.36%), Cholesterol: 37.67mg (12.56%), Sodium: 384.91mg (16.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.5g (19%), Manganese: 0.39mg (19.27%), Vitamin B2:

0.25mg (14.92%), Phosphorus: 127.94mg (12.79%), Vitamin C: 10.55mg (12.78%), Calcium: 120.01mg (12%), Fiber: 2.97g (11.9%), Vitamin K: 12µg (11.43%), Folate: 44.59µg (11.15%), Vitamin B12: 0.62µg (10.36%), Selenium: 6.5µg (9.29%), Zinc: 1.17mg (7.82%), Iron: 1.37mg (7.62%), Vitamin B1: 0.11mg (7.33%), Vitamin E: 1mg (6.69%), Vitamin B6: 0.13mg (6.4%), Vitamin B3: 1.19mg (5.93%), Magnesium: 21.58mg (5.39%), Vitamin A: 241.13IU (4.82%), Potassium: 166.58mg (4.76%), Vitamin B5: 0.47mg (4.75%), Copper: 0.07mg (3.66%), Vitamin D: 0.19µg (1.26%)