



Grilled Baked Brie with Shallots, Cranberries & Balsamic

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



376 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 serving balsamic vinegar good (for drizzling)
- 1 serving round of président brie
- 0.3 cup cranberries dried
- 1 serving olive oil extra virgin (for drizzling)
- 1 clove garlic
- 1 pinch pepper freshly-ground
- 1 pinch salt

- 2 large shallots quartered
- 4 thyme sprigs fresh roughly chopped

Equipment

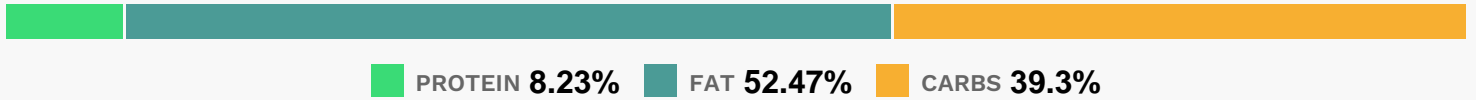
Directions

Preheat oven to 450 degrees. Set an oven-safe grill pan over medium heat and grill the whole brie for three minutes on each side.

Remove from stovetop and sprinkle thyme over the brie. Add shallots and garlic to pan and drizzle with olive oil and balsamic, so that they're well-coated. Add salt and pepper. Now you're ready to bake this deliciousness.

Bake for 10-12 minutes. Remove from the oven and lightly drizzle with some more good, thick balsamic vinegar. Sprinkle the dried cranberries on top. Serve with grilled bread, or thick slices of apple, or—as I did—brioche toasts.

Nutrition Facts



Properties

Glycemic Index:214, Glycemic Load:3.92, Inflammation Score:0, Nutrition Score:9.0604347826087%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 1.83mg, Luteolin: 1.83mg, Luteolin: 1.83mg, Luteolin: 1.83mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Taste

Sweetness: 100%, Saltiness: 52.85%, Sourness: 8.8%, Bitterness: 27.47%, Savoriness: 18.99%, Fattiness: 98.03%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 376.13kcal (18.81%), Fat: 22.78g (35.04%), Saturated Fat: 7.21g (45.06%), Carbohydrates: 38.39g (12.8%), Net Carbohydrates: 34.53g (12.56%), Sugar: 28.49g (31.66%), Cholesterol: 30mg (10%), Sodium: 239.82mg (10.43%), Protein: 8.04g (16.09%), Manganese: 0.39mg (19.46%), Vitamin E: 2.75mg (18.32%), Fiber: 3.85g (15.42%), Vitamin B6: 0.31mg (15.3%), Vitamin C: 11.4mg (13.82%), Vitamin B2: 0.2mg (11.58%), Vitamin K: 12.04µg (11.46%), Calcium: 102.98mg (10.3%), Iron: 1.82mg (10.12%), Phosphorus: 100.85mg (10.09%), Folate: 38.41µg (9.6%), Vitamin B12: 0.5µg (8.25%), Potassium: 283.24mg (8.09%), Selenium: 5.56µg (7.95%), Vitamin A: 370.46IU (7.41%), Zinc: 1.07mg (7.1%), Magnesium: 26.95mg (6.74%), Copper: 0.11mg (5.27%), Vitamin B5: 0.45mg (4.53%), Vitamin B1: 0.06mg (4.2%), Vitamin B3: 0.48mg (2.38%)