



Honey Brie Spread

READY IN



35 min.

SERVINGS



8

CALORIES



611 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 14 ounce round of président brie
- 10 ounce regular crescent rolls refrigerated canned
- 1.5 cups honey
- 1.5 cups pecans

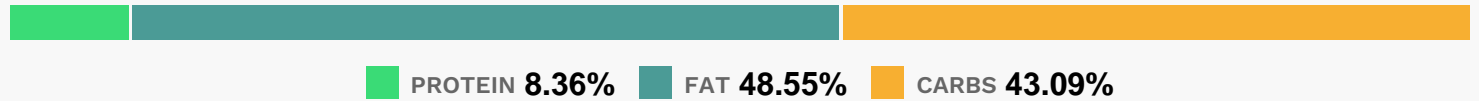
Equipment

- oven
- baking pan

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Unwrap the wheel of Brie, and crescent rolls.
- Unroll the crescent roll dough, and wrap around the Brie. Press seams together to seal in the cheese.
- Place in a 9x9 inch baking dish.
- Sprinkle pecan halves over the top, and drizzle honey over the whole thing.
- Bake for 30 minutes in the preheated oven, until golden brown and cheese is soft.
- Serve with apple slices or cornbread crackers.

Nutrition Facts



Properties

Glycemic Index:11.16, Glycemic Load:27.45, Inflammation Score:-3, Nutrition Score:9.5508696410967%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg, Catechin: 1.34mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg

Nutrients (% of daily need)

Calories: 611.23kcal (30.56%), Fat: 34.73g (53.43%), Saturated Fat: 12.97g (81.06%), Carbohydrates: 69.35g (23.12%), Net Carbohydrates: 67.44g (24.53%), Sugar: 56.69g (62.99%), Cholesterol: 49.61mg (16.54%), Sodium: 592.78mg (25.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.45g (26.9%), Manganese: 0.9mg (45.15%), Vitamin B2: 0.31mg (18.02%), Phosphorus: 147.23mg (14.72%), Zinc: 2.16mg (14.41%), Vitamin B12: 0.82µg (13.64%), Copper: 0.26mg (12.75%), Selenium: 8.41µg (12.01%), Calcium: 108.09mg (10.81%), Vitamin B1: 0.16mg (10.48%), Folate: 37.6µg (9.4%), Vitamin B6: 0.17mg (8.54%), Magnesium: 33.65mg (8.41%), Iron: 1.43mg (7.95%), Fiber: 1.91g (7.64%), Vitamin A: 304.1IU (6.08%), Vitamin B5: 0.55mg (5.46%), Potassium: 184.57mg (5.27%), Vitamin E: 0.38mg (2.53%), Vitamin B3: 0.48mg (2.41%), Vitamin K: 1.79µg (1.71%), Vitamin D: 0.25µg (1.65%)