



## Honey Mustard Brie Amandine

READY IN



43 min.

SERVINGS



12

CALORIES



274 kcal

SIDE DISH

### Ingredients

- 0.3 cup planters almonds toasted sliced
- 8 oz brie cheese wheel
- 1 eggs lightly beaten
- 2 Tbsp grey poupon savory honey mustard
- 1 sheets puff pastry frozen thawed
- 60 ritz crackers

### Equipment

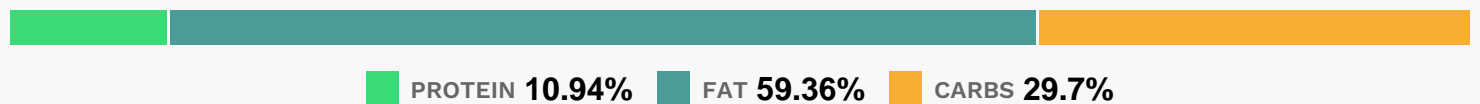
- baking sheet

- oven
- knife
- rolling pin

## Directions

- Preheat oven to 400F.
- Place pastry on floured surface; roll out with rolling pin to flatten.
- Brush top and side of cheese wheel with mustard; sprinkle evenly with almonds.
- Place, almond-side down, on center of pastry sheet. Gently fold pastry around cheese to completely enclose cheese, trimming excess pastry if necessary. Reserve trimmings for later use. Seal edge of pastry.
- Place, seam-side down, on greased baking sheet. Use sharp knife to cut out desired decorative shapes from pastry trimmings; arrange on top of cheese.
- Brush with egg.
- Bake 15 to 18 min. or until golden brown.
- Let stand 10 min.
- Serve with the crackers.

## Nutrition Facts



## Properties

Glycemic Index:7.75, Glycemic Load:5.03, Inflammation Score:-2, Nutrition Score:6.5699999695239%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 274.46kcal (13.72%), Fat: 18.12g (27.88%), Saturated Fat: 6.29g (39.29%), Carbohydrates: 20.4g (6.8%), Net Carbohydrates: 19.43g (7.06%), Sugar: 2.08g (2.31%), Cholesterol: 32.54mg (10.85%), Sodium: 319.75mg (13.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.51g (15.02%), Vitamin B2: 0.24mg (14.22%), Selenium: 9.6µg (13.72%), Manganese: 0.25mg (12.32%), Vitamin B1: 0.17mg (11.17%), Phosphorus: 108.28mg (10.83%), Vitamin K: 11.23µg (10.7%), Folate: 41.86µg (10.46%), Vitamin E: 1.37mg (9.15%), Vitamin B3: 1.75mg (8.75%), Iron: 1.45mg (8.04%), Calcium: 68.84mg (6.88%), Vitamin B12: 0.34µg (5.74%), Zinc: 0.78mg (5.18%), Magnesium: 17.24mg (4.31%), Fiber: 0.97g (3.88%), Copper: 0.07mg (3.72%), Vitamin B6: 0.07mg (3.37%), Vitamin A: 131.92IU (2.64%), Vitamin B5: 0.25mg (2.54%), Potassium: 82.82mg (2.37%), Vitamin D: 0.17µg (1.12%)