



Hot Buttery Brie Melts

 Vegetarian

READY IN



16 min.

SERVINGS



4

CALORIES



482 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 oz brie round
- ☐ 12 oz baguette french
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.5 cup jalapeno jelly

Equipment

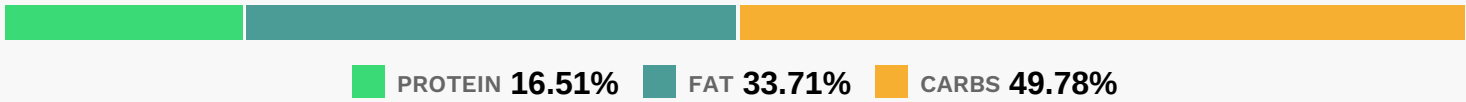
- ☐ bowl
- ☐ grill
- ☐ microwave

☐ panini press

Directions

- ☐ Trim and discard rind from Brie.
- ☐ Cut Brie into 1/4-inch-thick slices, and set aside.
- ☐ Cut baguette into 4 equal pieces; halve pieces lengthwise.
- ☐ Heat jelly in a microwave-safe bowl at HIGH 2 minutes. Stir in cilantro.
- ☐ Spread mixture evenly on cut sides of each bread slice.
- ☐ Layer 4 bread slices, jelly sides up, evenly with Brie; top with remaining bread slices, jelly sides down.
- ☐ Cook sandwiches, in batches, in a preheated panini press 3 minutes or until grill marks appear and cheese melts.

Nutrition Facts



Properties

Glycemic Index:32.69, Glycemic Load:28.14, Inflammation Score:-6, Nutrition Score:14.223043395125%

Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 482.49kcal (24.12%), Fat: 18.03g (27.74%), Saturated Fat: 10.33g (64.55%), Carbohydrates: 59.92g (19.97%), Net Carbohydrates: 58.13g (21.14%), Sugar: 20.91g (23.23%), Cholesterol: 56.7mg (18.9%), Sodium: 892.6mg (38.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.87g (39.73%), Vitamin B1: 0.53mg (35.65%), Vitamin B2: 0.57mg (33.41%), Selenium: 22.85µg (32.64%), Folate: 127.92µg (31.98%), Manganese: 0.41mg (20.72%), Vitamin B3: 4.08mg (20.39%), Calcium: 193.69mg (19.37%), Phosphorus: 187.44mg (18.74%), Iron: 3.22mg (17.89%), Vitamin B12: 0.94µg (15.59%), Zinc: 2.02mg (13.48%), Vitamin B6: 0.22mg (11.09%), Vitamin A: 545.53IU (10.91%), Magnesium: 33.48mg (8.37%), Fiber: 1.79g (7.16%), Vitamin B5: 0.71mg (7.13%), Copper: 0.11mg (5.7%), Potassium: 192.16mg (5.49%), Vitamin K: 4.17µg (3.97%), Vitamin C: 2.46mg (2.99%), Vitamin E: 0.39mg (2.57%), Vitamin D: 0.28µg (1.89%)