



Inside-Out Spiced Brie

 Vegetarian

READY IN



15 min.

SERVINGS



10

CALORIES



180 kcal

SIDE DISH

Ingredients

- 12 ounces brie cheese
- 1 loaf ciabatta bread
- 1 teaspoon cumin seeds
- 1 teaspoon rosemary fresh chopped
- 1 teaspoon coarsely ground pepper black
- 1 teaspoon chile flakes red

Equipment

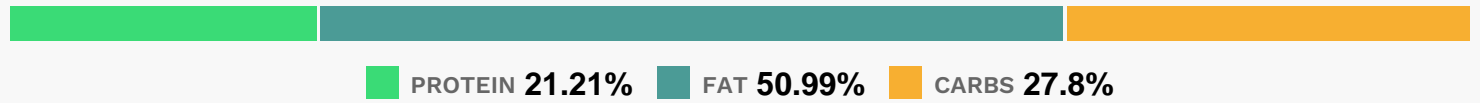
- bowl

oven

Directions

- Preheat oven to 350 and put in bread to warm.
- Cut cheese in half horizontally. Put in a gratin dish cut sides up.
- Mix cumin, chile flakes, rosemary, and pepper in a bowl and sprinkle over cheese.
- Bake until cheese is melted, about 5 minutes, and serve with pieces of warm bread.

Nutrition Facts



Properties

Glycemic Index:13.57, Glycemic Load:8.32, Inflammation Score:-3, Nutrition Score:6.0073912773767%

Nutrients (% of daily need)

Calories: 180.2kcal (9.01%), Fat: 10.19g (15.67%), Saturated Fat: 6.07g (37.92%), Carbohydrates: 12.5g (4.17%), Net Carbohydrates: 11.83g (4.3%), Sugar: 1.35g (1.5%), Cholesterol: 34.02mg (11.34%), Sodium: 372.14mg (16.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.53g (19.06%), Vitamin B2: 0.26mg (15.3%), Selenium: 9.29µg (13.28%), Folate: 48.98µg (12.25%), Vitamin B1: 0.17mg (11.42%), Vitamin B12: 0.56µg (9.36%), Calcium: 92.29mg (9.23%), Phosphorus: 89.63mg (8.96%), Manganese: 0.16mg (8.16%), Zinc: 1.03mg (6.85%), Iron: 1.22mg (6.78%), Vitamin B3: 1.3mg (6.5%), Vitamin B6: 0.11mg (5.58%), Vitamin A: 264.62IU (5.29%), Magnesium: 14.69mg (3.67%), Vitamin B5: 0.33mg (3.34%), Fiber: 0.67g (2.67%), Potassium: 92.91mg (2.65%), Copper: 0.04mg (2.16%), Vitamin K: 2.08µg (1.98%), Vitamin E: 0.24mg (1.59%), Vitamin D: 0.17µg (1.13%)