



Italian Brie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



252 kcal

SIDE DISH

Ingredients

- 8 ounce round brie
- 3.5 ounce pesto prepared
- 0.5 cup sun-dried tomatoes drained chopped in oil

Equipment

Directions

- Trim and discard rind from top of Brie.

Place Brie on a serving plate; spread top with pesto, and sprinkle with tomatoes.

Nutrition Facts

PROTEIN 17.21% **FAT 75.93%** **CARBS 6.86%**

Properties

Glycemic Index:5.4, Glycemic Load:0.06, Inflammation Score:-6, Nutrition Score:6.6008696245111%

Nutrients (% of daily need)

Calories: 251.73kcal (12.59%), Fat: 21.46g (33.01%), Saturated Fat: 9.37g (58.57%), Carbohydrates: 4.36g (1.45%), Net Carbohydrates: 3.4g (1.24%), Sugar: 0.84g (0.93%), Cholesterol: 46.95mg (15.65%), Sodium: 500.12mg (21.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.94g (21.89%), Vitamin B2: 0.28mg (16.35%), Vitamin A: 810.06IU (16.2%), Vitamin C: 11.2mg (13.57%), Vitamin B12: 0.75µg (12.47%), Calcium: 120.58mg (12.06%), Phosphorus: 100.57mg (10.06%), Selenium: 6.91µg (9.87%), Folate: 32.01µg (8%), Zinc: 1.17mg (7.77%), Vitamin B6: 0.14mg (7.08%), Potassium: 241.1mg (6.89%), Magnesium: 17.98mg (4.5%), Fiber: 0.96g (3.82%), Vitamin B5: 0.37mg (3.66%), Iron: 0.64mg (3.54%), Vitamin B1: 0.05mg (3.53%), Manganese: 0.07mg (3.33%), Copper: 0.06mg (3.03%), Vitamin B3: 0.57mg (2.86%), Vitamin D: 0.23µg (1.51%)