



Jo Ann's Holiday Brie

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



397 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 13.2 oz brie cheese
- 0.3 cup caramel ice cream topping
- 1 loaf top french toasted sliced
- 0.5 cup apricots dried chopped
- 0.5 cup pecans chopped
- 0.5 cup cranberries dried sweetened

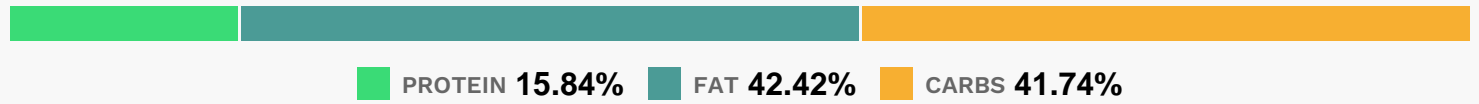
Equipment

- microwave

Directions

- Place cheese on an ungreased microwave-safe serving plate; microwave on high setting for 10 to 15 seconds.
- Cut out a wedge to see if center is soft. If center is still firm, return to microwave for another 5 to 10 seconds, until cheese is soft and spreadable. Watch carefully, as center will begin to melt quickly.
- Drizzle with caramel topping; sprinkle with fruits and nuts.
- Serve with toasted slices of crusty French bread.

Nutrition Facts



Properties

Glycemic Index:18.86, Glycemic Load:21.59, Inflammation Score:-6, Nutrition Score:13.13782615247%

Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 397.48kcal (19.87%), Fat: 19.2g (29.53%), Saturated Fat: 8.83g (55.2%), Carbohydrates: 42.49g (14.16%), Net Carbohydrates: 39.74g (14.45%), Sugar: 16.66g (18.51%), Cholesterol: 46.78mg (15.59%), Sodium: 620.5mg (26.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.13g (32.26%), Manganese: 0.63mg (31.36%), Selenium: 21.66µg (30.94%), Vitamin B1: 0.43mg (28.99%), Vitamin B2: 0.47mg (27.87%), Folate: 94.36µg (23.59%), Phosphorus: 168.44mg (16.84%), Vitamin B3: 2.92mg (14.6%), Iron: 2.61mg (14.48%), Zinc: 1.98mg (13.21%), Vitamin B12: 0.78µg (13.08%), Calcium: 125.45mg (12.54%), Vitamin A: 579.91IU (11.6%), Fiber: 2.75g (10.99%), Copper: 0.2mg (9.96%), Vitamin B6: 0.19mg (9.61%), Magnesium: 36.85mg (9.21%), Potassium: 260.16mg (7.43%), Vitamin B5: 0.62mg (6.18%), Vitamin E: 0.83mg (5.51%), Vitamin K: 2.49µg (2.37%), Vitamin D: 0.23µg (1.56%)