



Melted Brie and Apricot Petite Croissants

READY IN



25 min.

SERVINGS



6

CALORIES



321 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons apricot preserves
- 5 ounces round of président brie cut into 1/4-inch slices
- 6 small croissants
- 3 teaspoons t brown sugar dark
- 3 tablespoons candied pecans chopped

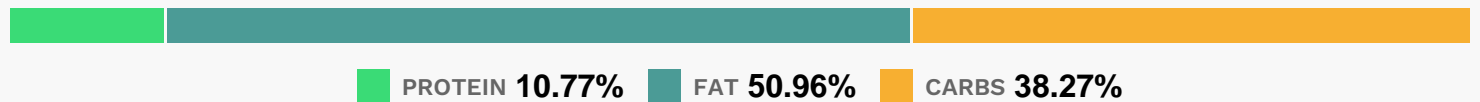
Equipment

- frying pan

Directions

- Slice and lay the croissants open. Cover each croissant bottom with slices of brie to cover.
- Spread with 1/2 tablespoon preserves, sprinkle with 1/2 tablespoon chopped glazed pecans and 1/2 teaspoon brown sugar. Cover with top of croissant.
- Heat large skillet over medium heat. Spray sandwiches with no-stick cooking spray.
- Place sandwiches, sprayed side down, in heated skillet. Cover skillet and brown sandwiches 4 to 5 minutes or until golden brown. Spray tops of sandwiches before turning to brown second side.
- Remove sandwiches from skillet. Allow to rest covered, about 3 minutes.
- Cut diagonally, sprinkle with cinnamon sugar, if desired, and serve warm.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:12.19, Inflammation Score:-4, Nutrition Score:6.2600000293359%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 320.85kcal (16.04%), Fat: 18.29g (28.14%), Saturated Fat: 9.29g (58.06%), Carbohydrates: 30.91g (10.3%), Net Carbohydrates: 29.53g (10.74%), Sugar: 13.77g (15.3%), Cholesterol: 51.76mg (17.25%), Sodium: 343.49mg (14.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.69g (17.39%), Selenium: 13.18µg (18.83%), Vitamin B2: 0.23mg (13.31%), Folate: 52.44µg (13.11%), Vitamin B1: 0.18mg (11.97%), Vitamin A: 472.84IU (9.46%), Phosphorus: 88.89mg (8.89%), Vitamin B12: 0.46µg (7.62%), Manganese: 0.15mg (7.6%), Calcium: 67.84mg (6.78%), Iron: 1.13mg (6.26%), Zinc: 0.88mg (5.89%), Fiber: 1.39g (5.54%), Vitamin B5: 0.53mg (5.29%), Vitamin B3: 1.02mg (5.08%), Vitamin B6: 0.08mg (4.13%), Magnesium: 12.02mg (3.01%), Vitamin E: 0.42mg (2.82%), Potassium: 95.83mg (2.74%), Copper: 0.05mg (2.45%), Vitamin K: 1.3µg (1.24%), Vitamin C: 0.96mg (1.17%)