



## Mustard-Almond Baked Brie

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



5

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 Tbsp planters almonds toasted sliced
- 8 oz brie cheese wheel
- 2 Tbsp grey poupon savory honey mustard
- 1 Tbsp orange marmalade

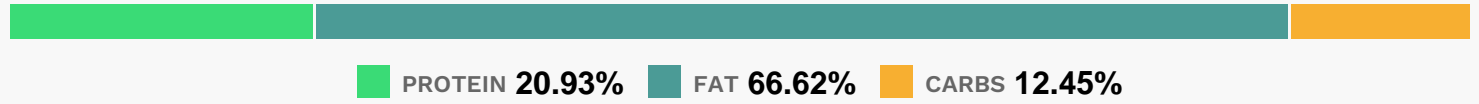
### Equipment

- microwave

# Directions

- Mix mustard and marmalade.
- Place cheese on microwaveable serving plate; spread with mustard mixture.
- Microwave on HIGH 20 to 30 sec. or until cheese is slightly softened. Top with nuts.

# Nutrition Facts



# Properties

Glycemic Index:7.4, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:5.3830435114062%

# Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

# Nutrients (% of daily need)

Calories: 196.5kcal (9.82%), Fat: 14.56g (22.4%), Saturated Fat: 8.04g (50.28%), Carbohydrates: 6.12g (2.04%), Net Carbohydrates: 5.59g (2.03%), Sugar: 3.98g (4.42%), Cholesterol: 45.36mg (15.12%), Sodium: 317.59mg (13.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.29g (20.59%), Vitamin B2: 0.28mg (16.62%), Vitamin B12: 0.75µg (12.47%), Phosphorus: 104.68mg (10.47%), Selenium: 6.77µg (9.66%), Calcium: 95.74mg (9.57%), Zinc: 1.21mg (8.04%), Folate: 31.6µg (7.9%), Vitamin E: 1.14mg (7.57%), Vitamin B6: 0.11mg (5.64%), Vitamin A: 271.05IU (5.42%), Manganese: 0.11mg (5.38%), Magnesium: 19.95mg (4.99%), Vitamin B5: 0.33mg (3.32%), Potassium: 99.75mg (2.85%), Vitamin B1: 0.04mg (2.68%), Copper: 0.05mg (2.67%), Iron: 0.38mg (2.12%), Fiber: 0.53g (2.11%), Vitamin B3: 0.32mg (1.6%), Vitamin D: 0.23µg (1.51%)