



eipi


 **12%**
HEALTH SCORE

Phyllo-Wrapped Brie with Apricot and Rosemary Chutney

 Vegetarian

READY IN

45 min.

SERVINGS

16

CALORIES

779 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 servings apples thinly sliced
- 16 servings crusty baguette fresh thinly sliced
- 0.5 cup blanched slivered almonds toasted
- 32 ounce round of président brie
- 0.1 teaspoon ground pepper
- 0.8 cup cherries dried
- 16 servings cherries dried

- 0.7 cup apple cider vinegar
- 12 ounces apricot dried chopped
- 1.5 tablespoons rosemary leaves fresh chopped
- 4.5 tablespoons rosemary leaves fresh chopped
- 3 large garlic clove finely chopped
- 0.7 cup brown sugar packed ()
- 2 teaspoons lemon zest grated
- 1 pound sheets dough fresh frozen thawed
- 1 large onion red chopped
- 0.5 teaspoon salt
- 1 sprigs rosemary fresh (such as rosemary, sage,a and chives)
- 1 cup butter unsalted melted (2 sticks)
- 1 cup water

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- knife
- plastic wrap
- aluminum foil
- kitchen towels
- spatula
- kitchen scissors

Directions

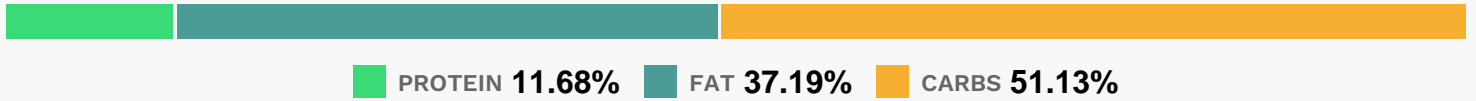
- Combine all ingredients except almonds in heavy large saucepan. Bring to boil over medium-high heat, stirring until sugar dissolves. Reduce heat to medium-low; simmer until most liquid

has evaporated and chutney is thick, stirring occasionally, about 25 minutes.

- Mix in almonds.
- Transfer chutney to bowl.
- Chill until cold, about 3 hours. (Can be made 1 week ahead. Cover, keep chilled.)
- Brush heavy large baking sheet with butter; set aside. Unroll pastry. Cover with plastic wrap and damp kitchen towel.
- Transfer 2 stacked phyllo sheets to work surface, arranging 1 short side parallel to edge of work surface. Arrange 2 more stacked phyllo sheets on work surface, overlapping long side of first sheets by about 5 to 7 inches and forming rectangle about 18 by 17 inches.
- Brush pastry with butter; sprinkle 1 1/2 tablespoons rosemary over.
- Place 2 more stacked sheets atop first set of 2 sheets, then 2 more stacked sheets atop second set of 2 sheets.
- Brush with butter and sprinkle with 1 1/2 tablespoons rosemary. Repeat layering 1 more time with phyllo, butter and 1 1/2 tablespoons rosemary. (You will use a total of 12 sheets.)
- Using sharp knife or scissors, trim phyllo corners, forming approximately 17-inch oval. place Brie in center of phyllo.
- Spread 1 1/2 cups chutney evenly over cheese. Slide hand under 1 rounded corner of phyllo. Lift phyllo and fold onto top of cheese.
- Brush folded pastry with butter. Continue to lift phyllo in sections and to fold snugly over top of cheese, brushing with butter and pressing each section to adhere until cheese is wrapped (the top center 2 to 3 inches of cheese will not be covered). Use hand and metal spatula to transfer wrapped cheese to prepared baking sheet.
- Place 1 phyllo sheet on work surface.
- Brush with butter. Starting at 1 long side, fold 1 inch of pastry over. Continue folding pastry loosely over itself, forming 1-inch-wide strip of pastry over. Continue folding pastry loosely over itself, forming 1-inch-wide strip of pastry.
- Roll up strip into coil. Gather bottom edge of coil together, pinching to force top slightly open and forming rose.
- Place rose atop uncovered center of cheese.
- Brush with butter. Repeat with 2 more sheets of phyllo, forming 2 more roses.
- Place atop cheese, covering opening completely. Chill 3 hours. (Can be made 1 day ahead. Cover with plastic; keep chilled.)

- Position rack in center of oven and preheat to 400F.
- Bake cheese until pastry is deep golden brown, covering roses loosely with foil if browning too quickly, about 25 minutes. (If cheese leaks from pastry during baking, press piece of foil over tear in pastry; continue baking.)
- Cool cheese on sheet 45 minutes.
- Using metal spatula, transfer warm cheese to large platter. Arrange herbs, dried fruit, baguette slices and apple slices around cheese.
- Cut cheese into wedges.

Nutrition Facts



Properties

Glycemic Index:27.82, Glycemic Load:37.57, Inflammation Score:-9, Nutrition Score:23.293043530506%

Flavonoids

Cyanidin: 45.23mg, Cyanidin: 45.23mg, Cyanidin: 45.23mg, Cyanidin: 45.23mg Pelargonidin: 0.4mg, Pelargonidin: 0.4mg, Pelargonidin: 0.4mg, Pelargonidin: 0.4mg Peonidin: 2.21mg, Peonidin: 2.21mg, Peonidin: 2.21mg, Peonidin: 2.21mg Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg, Catechin: 7.2mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 12.03mg, Epicatechin: 12.03mg, Epicatechin: 12.03mg, Epicatechin: 12.03mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg, Isorhamnetin: 0.42mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg

Nutrients (% of daily need)

Calories: 779.24kcal (38.96%), Fat: 33g (50.77%), Saturated Fat: 18.15g (113.46%), Carbohydrates: 102.08g (34.03%), Net Carbohydrates: 93.47g (33.99%), Sugar: 49.32g (54.79%), Cholesterol: 87.2mg (29.07%), Sodium: 971.1mg (42.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.31g (46.62%), Vitamin B1: 0.63mg (42.06%), Vitamin B2: 0.71mg (41.77%), Selenium: 26.79µg (38.27%), Manganese: 0.74mg (37.24%), Folate: 144.52µg (36.13%), Fiber: 8.61g (34.45%), Vitamin A: 1613.16IU (32.26%), Iron: 4.85mg (26.93%), Phosphorus: 265.62mg (26.56%), Vitamin B3: 5.26mg (26.32%), Potassium: 888.4mg (25.38%), Calcium: 234.71mg (23.47%), Vitamin B6: 0.36mg (18.14%), Magnesium: 70.66mg (17.66%), Vitamin C: 14.53mg (17.61%), Vitamin E: 2.62mg (17.45%), Copper:

0.35mg (17.3%), Vitamin B12: 0.96µg (15.99%), Zinc: 2.35mg (15.68%), Vitamin B5: 1.22mg (12.15%), Vitamin K: 10.09µg (9.61%), Vitamin D: 0.5µg (3.31%)