



WHATSheATE



Quick Tip: Grilled Brie with Honey and Toasted Pecans



Vegetarian



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



461 kcal

Ingredients

- ☐ 8 ounce wheel of brie
- ☐ 1 baguette french sliced
- ☐ 1 tablespoons honey
- ☐ 0.5 cup pecans chopped

Equipment

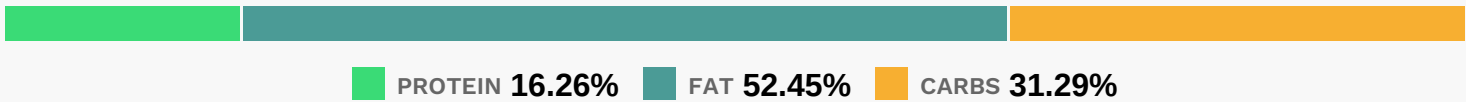
- ☐ baking sheet
- ☐ oven
- ☐ grill

- ☐ spatula
- ☐ toaster
- ☐ panini press

Directions

- ☐ Heat an oven or toaster oven to 350°F.
- ☐ Spread the pecans on a baking sheet and toast them until they're aromatic, about 5 minutes.
- ☐ Heat the panini press to medium-high heat. In batches, arrange the baguette slices on the panini press, close the lid and grill the slices until they're toasted, about 2 minutes.
- ☐ Place the entire wheel of Brie on the grill, close the lid so that it's touching the cheese without pressing it, and grill the cheese until it begins to melt (you'll see the cheese start to depress and flatten out a little), about 3 minutes. Carefully lift up the Brie with a spatula and transfer it to a serving plate.
- ☐ Drizzle honey over the Brie, scatter toasted pecans over the top, and serve it with your grilled bread.

Nutrition Facts



Properties

Glycemic Index:40.26, Glycemic Load:23.01, Inflammation Score:-5, Nutrition Score:14.847826017634%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 461.36kcal (23.07%), Fat: 27.22g (41.88%), Saturated Fat: 11.05g (69.05%), Carbohydrates: 36.54g (12.18%), Net Carbohydrates: 33.91g (12.33%), Sugar: 8.04g (8.93%), Cholesterol: 56.7mg (18.9%), Sodium: 743.1mg (32.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.99g (37.98%), Manganese: 0.93mg (46.33%), Vitamin B1: 0.49mg (32.89%), Vitamin B2: 0.52mg (30.3%), Selenium: 19.53µg (27.9%), Folate: 106.83µg (26.71%), Phosphorus: 203.92mg (20.39%), Calcium: 179.8mg (17.98%), Zinc: 2.47mg (16.48%), Vitamin B3: 3.22mg (16.09%),

Iron: 2.81mg (15.59%), Vitamin B12: 0.94µg (15.59%), Copper: 0.25mg (12.59%), Vitamin B6: 0.23mg (11.41%),
Magnesium: 44.18mg (11.05%), Fiber: 2.63g (10.52%), Vitamin B5: 0.75mg (7.49%), Vitamin A: 343.29IU (6.87%),
Potassium: 222.28mg (6.35%), Vitamin K: 3.66µg (3.48%), Vitamin E: 0.51mg (3.39%), Vitamin D: 0.28µg (1.89%)