



Red Pepper Jelly-Brie Bites

READY IN



15 min.

SERVINGS



15

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons roasted almonds salted chopped
- ☐ 3 ounces brie cheese
- ☐ 15 servings pepper jelly red
- ☐ 3.8 oz phyllo pastry shells frozen mini thawed

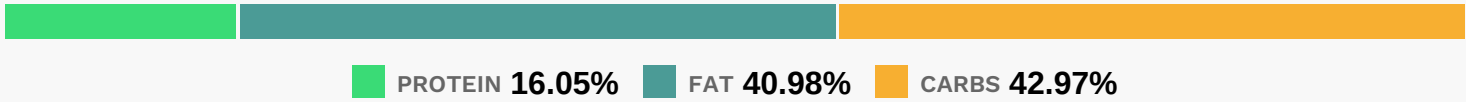
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Place mini phyllo pastry shells, on a baking sheet.
- ☐ Cut Brie cheese, into 30 very small pieces. Spoon rounded 1/4 teaspoon red pepper jelly into each shell; top with cheese.
- ☐ Sprinkle with almonds.
- ☐ Bake tartlets 5 to 6 minutes or until cheese is melted.

Nutrition Facts



Properties

Glycemic Index:4.6, Glycemic Load:0.96, Inflammation Score:-9, Nutrition Score:10.403913054777%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 74.81kcal (3.74%), Fat: 3.79g (5.83%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 8.94g (2.98%), Net Carbohydrates: 7.13g (2.59%), Sugar: 3.24g (3.6%), Cholesterol: 5.67mg (1.89%), Sodium: 53.6mg (2.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.68%), Vitamin C: 95.36mg (115.59%), Vitamin A: 2366.18IU (47.32%), Vitamin B6: 0.23mg (11.64%), Vitamin E: 1.7mg (11.35%), Folate: 38.84µg (9.71%), Fiber: 1.81g (7.26%), Vitamin B2: 0.12mg (6.8%), Manganese: 0.13mg (6.55%), Potassium: 180.47mg (5.16%), Vitamin B3: 0.82mg (4.12%), Phosphorus: 39.65mg (3.96%), Magnesium: 15.47mg (3.87%), Vitamin K: 3.78µg (3.6%), Vitamin B1: 0.05mg (3.22%), Vitamin B5: 0.28mg (2.85%), Zinc: 0.38mg (2.56%), Iron: 0.42mg (2.35%), Calcium: 21.03mg (2.1%), Copper: 0.03mg (1.72%), Vitamin B12: 0.09µg (1.56%), Selenium: 0.98µg (1.4%)