



Rye Whiskey Brie

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



149 kcal

SIDE DISH

Ingredients

- 8 ounce round brie cheese
- 0.3 cup brown sugar
- 0.3 cup pecans chopped
- 1 tablespoon rye whiskey

Equipment

- bowl
- oven
- baking pan

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Cut slits about 1/4-inch deep in a crossing pattern across the top and along the sides of the Brie wheel.
- Place the brie in a baking dish.
- Bake the Brie in the preheated oven until softened, about 5 minutes.
- While the Brie bakes, stir the brown sugar, pecans, and whiskey in a small bowl; pour onto the top of the Brie and return to the oven another 10 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:3.4547826046853%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 149.04kcal (7.45%), Fat: 10.31g (15.85%), Saturated Fat: 5.14g (32.15%), Carbohydrates: 7.35g (2.45%), Net Carbohydrates: 7.02g (2.55%), Sugar: 6.93g (7.7%), Cholesterol: 28.35mg (9.45%), Sodium: 180.24mg (7.84%), Alcohol: 0.68g (100%), Alcohol %: 2.11% (100%), Protein: 6.22g (12.43%), Vitamin B2: 0.15mg (8.93%), Manganese: 0.17mg (8.37%), Vitamin B12: 0.47µg (7.8%), Phosphorus: 63.06mg (6.31%), Selenium: 4.32µg (6.18%), Calcium: 60.25mg (6.03%), Zinc: 0.83mg (5.54%), Folate: 19.25µg (4.81%), Vitamin B6: 0.08mg (3.83%), Vitamin A: 169.74IU (3.39%), Vitamin B1: 0.04mg (2.83%), Magnesium: 10.41mg (2.6%), Copper: 0.05mg (2.49%), Vitamin B5: 0.23mg (2.34%), Potassium: 66.22mg (1.89%), Iron: 0.28mg (1.54%), Fiber: 0.33g (1.31%)