

So Very Berry Brie

READY IN



25 min.

SERVINGS



8

CALORIES



288 kcal

SIDE DISH

Ingredients

- 0.5 cup blackberries fresh thawed
- 0.5 cup blueberries fresh thawed
- 8 ounces round of président brie halved
- 1 tablespoon cornstarch
- 8 servings pita chips
- 0.5 cup raspberries fresh thawed
- 0.5 cup sugar
- 2 tablespoons water cold

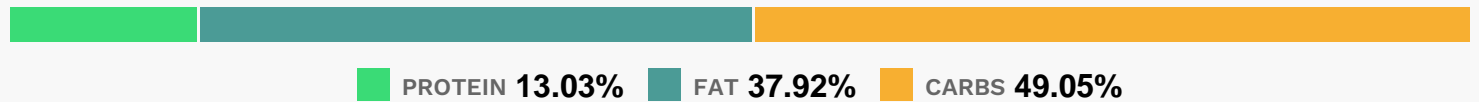
Equipment

- frying pan
- sauce pan
- oven

Directions

- In a small saucepan, heat sugar and water until sugar is dissolved.
- Add berries. Bring to a boil. Reduce heat; simmer, uncovered, for 3 minutes.
- Combine cornstarch and cold water until smooth; gradually stir into the pan. Bring to a boil. Cook and stir for 2 minutes or until thickened.
- Remove from the heat; let stand for 10 minutes.
- Place bottom half of cheese in an ungreased ovenproof serving dish; pour 1/2 cup berry mixture over cheese. Top with remaining cheese and berry mixture.
- Bake, uncovered, at 400° for 8–10 minutes or until cheese is softened.
- Serve with chips.

Nutrition Facts



Properties

Glycemic Index:23.51, Glycemic Load:9.41, Inflammation Score:-4, Nutrition Score:8.2060869854429%

Flavonoids

Cyanidin: 13.21mg, Cyanidin: 13.21mg, Cyanidin: 13.21mg, Cyanidin: 13.21mg Petunidin: 2.94mg, Petunidin: 2.94mg, Petunidin: 2.94mg, Petunidin: 2.94mg Delphinidin: 3.38mg, Delphinidin: 3.38mg, Delphinidin: 3.38mg, Delphinidin: 3.38mg Malvidin: 6.26mg, Malvidin: 6.26mg, Malvidin: 6.26mg, Malvidin: 6.26mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 1.9mg, Peonidin: 1.9mg, Peonidin: 1.9mg, Peonidin: 1.9mg Catechin: 3.92mg, Catechin: 3.92mg, Catechin: 3.92mg, Catechin: 3.92mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg, Epicatechin: 0.74mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg

0.18mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 287.62kcal (14.38%), Fat: 12.27g (18.88%), Saturated Fat: 5.31g (33.21%), Carbohydrates: 35.71g (11.9%), Net Carbohydrates: 33.45g (12.16%), Sugar: 15.63g (17.36%), Cholesterol: 28.35mg (9.45%), Sodium: 418.1mg (18.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.49g (18.97%), Selenium: 13.54µg (19.35%), Manganese: 0.33mg (16.69%), Folate: 60.61µg (15.15%), Vitamin E: 2.23mg (14.88%), Vitamin B2: 0.24mg (14.4%), Vitamin B1: 0.18mg (12.28%), Vitamin B3: 2.22mg (11.1%), Phosphorus: 93.41mg (9.34%), Fiber: 2.26g (9.04%), Iron: 1.57mg (8.73%), Vitamin B12: 0.47µg (7.8%), Zinc: 1.04mg (6.93%), Calcium: 62.22mg (6.22%), Vitamin C: 4.75mg (5.76%), Vitamin B6: 0.11mg (5.44%), Magnesium: 20.1mg (5.03%), Vitamin K: 5.14µg (4.9%), Vitamin B5: 0.4mg (3.97%), Vitamin A: 194.56IU (3.89%), Copper: 0.07mg (3.69%), Potassium: 112.52mg (3.21%)