



Sugar and Nut Glazed Brie

 Vegetarian

READY IN



18 min.

SERVINGS



20

CALORIES



297 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 20 servings apple wedges for serving
- ☐ 1 tablespoon brandy
- ☐ 14 ounce round brie
- ☐ 0.3 cup brown sugar packed
- ☐ 20 servings round buttery crackers for serving
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup macadamia nuts chopped
- ☐ 20 servings pear wedges for serving

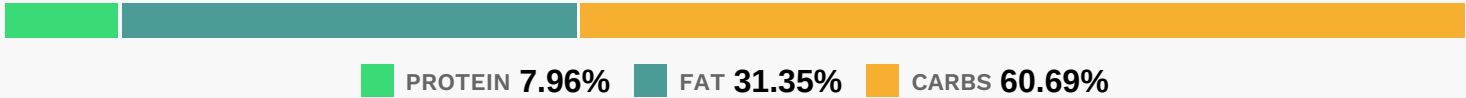
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ In a small bowl stir together the sugar, nuts, and brandy. Cover and chill for at least 24 hours or up to 1 week.
- ☐ Preheat oven to 500 degrees F.
- ☐ Place the brie on an ovenproof platter or pie plate.
- ☐ Bake for 4 or 5 minutes or until the brie is slightly softened.
- ☐ Spread the sugar mixture in an even layer on top of the warm brie and bake for 2 to 3 minutes longer, or until the sugar melts.
- ☐ Brush the fruit wedges with lemon juice and arrange them around 1 side of the brie.
- ☐ Place crackers around the other side.

Nutrition Facts



Properties

Glycemic Index:6.04, Glycemic Load:9.69, Inflammation Score:-4, Nutrition Score:8.5447825633961%

Flavonoids

Cyanidin: 4.4mg, Cyanidin: 4.4mg, Cyanidin: 4.4mg, Cyanidin: 4.4mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg Epigallocatechin: 1.14mg, Epigallocatechin: 1.14mg, Epigallocatechin: 1.14mg, Epigallocatechin: 1.14mg Epicatechin: 10.95mg, Epicatechin: 10.95mg, Epicatechin: 10.95mg, Epicatechin: 10.95mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg

0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg, Quercetin: 3.91mg

Nutrients (% of daily need)

Calories: 296.66kcal (14.83%), Fat: 10.82g (16.65%), Saturated Fat: 4.58g (28.64%), Carbohydrates: 47.14g (15.71%), Net Carbohydrates: 39.98g (14.54%), Sugar: 26.86g (29.84%), Cholesterol: 19.84mg (6.61%), Sodium: 269.1mg (11.7%), Alcohol: 0.25g (100%), Alcohol %: 0.12% (100%), Protein: 6.19g (12.37%), Fiber: 7.16g (28.65%), Vitamin K: 17.14µg (16.32%), Manganese: 0.27mg (13.3%), Vitamin C: 10.61mg (12.86%), Vitamin B2: 0.21mg (12.23%), Phosphorus: 111.19mg (11.12%), Folate: 38.43µg (9.61%), Copper: 0.19mg (9.55%), Potassium: 320.02mg (9.14%), Vitamin B1: 0.14mg (9.04%), Calcium: 83.64mg (8.36%), Iron: 1.27mg (7.06%), Vitamin B6: 0.14mg (6.82%), Vitamin E: 0.93mg (6.19%), Vitamin B3: 1.23mg (6.13%), Magnesium: 24.27mg (6.07%), Selenium: 3.87µg (5.53%), Vitamin B12: 0.33µg (5.46%), Zinc: 0.78mg (5.23%), Vitamin A: 192.82IU (3.86%), Vitamin B5: 0.33mg (3.34%)