



Toasted Apple-Pecan Brie Sandwiches

 Vegetarian

READY IN



22 min.

SERVINGS



4

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 ounces brie cheese cut into long, even slices
- 0.5 cup brown sugar packed
- 2 tablespoons butter
- 4 apples i use 2 granny smith apples cored peeled sliced
- 1 teaspoon ground cinnamon
- 0.3 cup pecans chopped
- 4 slices sourdough bread

Equipment

- frying pan
- baking sheet
- oven
- broiler

Directions

- Melt 3 tablespoons of butter in a large skillet over medium heat.
- Add the apples; cook and stir until tender, 7 to 8 minutes. Stir in the brown sugar, 1 teaspoon of cinnamon and pecans and continue to cook for 1 to 2 minutes longer.
- Remove from the heat and set aside.
- Preheat the oven's broiler.
- Cut the slices of bread in half if they are very large and toast lightly.
- Spread the remaining butter on to one side of each piece of bread.
- Place two slices of brie cheese onto the unbuttered side of each piece of bread. Top with a generous scoop of the apple mixture.
- Place the open face sandwiches onto a baking sheet.
- Broil until the cheese has melted, about 1 minute.
- Sprinkle with additional cinnamon if desired.

Nutrition Facts



PROTEIN 10.72% **FAT 34.43%** **CARBS 54.85%**

Properties

Glycemic Index:51.13, Glycemic Load:32.33, Inflammation Score:-7, Nutrition Score:16.949130384818%

Flavonoids

Cyanidin: 3.59mg, Cyanidin: 3.59mg, Cyanidin: 3.59mg, Cyanidin: 3.59mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg Epicatechin: 13.76mg, Epicatechin: 13.76mg, Epicatechin: 13.76mg Epicatechin: 13.76mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.5mg,

Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg, Epigallocatechin 3-gallate: 0.5mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 613.75kcal (30.69%), Fat: 24.23g (37.27%), Saturated Fat: 11.81g (73.81%), Carbohydrates: 86.85g (28.95%), Net Carbohydrates: 80.16g (29.15%), Sugar: 49.04g (54.49%), Cholesterol: 57.57mg (19.19%), Sodium: 707.34mg (30.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.97g (33.93%), Manganese: 0.82mg (41.25%), Vitamin B1: 0.56mg (37.37%), Selenium: 25.14µg (35.92%), Vitamin B2: 0.55mg (32.54%), Folate: 113.83µg (28.46%), Fiber: 6.7g (26.78%), Phosphorus: 189.14mg (18.91%), Iron: 3.34mg (18.58%), Vitamin B3: 3.53mg (17.66%), Calcium: 156.73mg (15.67%), Zinc: 2.08mg (13.89%), Vitamin B6: 0.27mg (13.48%), Copper: 0.25mg (12.54%), Magnesium: 49.24mg (12.31%), Vitamin B12: 0.71µg (11.89%), Potassium: 402.6mg (11.5%), Vitamin A: 530.24IU (10.6%), Vitamin C: 8.47mg (10.26%), Vitamin B5: 0.72mg (7.23%), Vitamin K: 6.31µg (6.01%), Vitamin E: 0.83mg (5.56%), Vitamin D: 0.21µg (1.42%)