



Triple Berry Baked Brie

READY IN



70 min.

SERVINGS



12

CALORIES



200 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup poached berries
- 8 ounce round of président brie
- 1 slices round buttery crackers assorted
- 1 large eggs
- 0.3 cup hazelnuts chopped
- 1 sheet puff pastry frozen thawed
- 1 tablespoon water

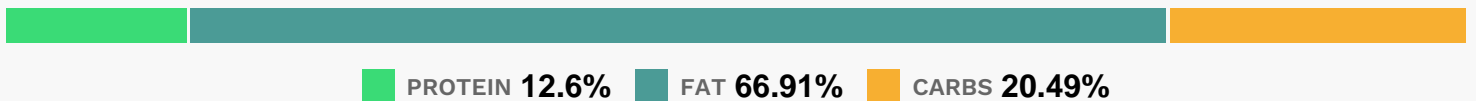
Equipment

- bowl
- baking sheet
- oven
- whisk

Directions

- Heat oven to 400 degrees F. Unfold puff pastry on a lightly floured surface.
- Roll gently to seal any cracks in pastry. Spoon preserves onto center of pastry.
- Place cheese on top of preserves.
- Sprinkle evenly with nuts. Fold pastry up over the cheese to cover. Trim excess pastry and press to seal seams. Reserve pastry scraps.
- Whisk egg and water in small bowl.
- Brush seams with egg mixture.
- Place seam-side down on baking sheet.
- Cut pastry scraps into decorative shapes and arrange on top, if desired.
- Brush with egg mixture.
- Bake 25 minutes or until golden brown.
- Let stand 20 minutes before cutting.
- Serve with crackers and sliced fruit.

Nutrition Facts



Properties

Glycemic Index:8.17, Glycemic Load:5.03, Inflammation Score:-2, Nutrition Score:4.9269565266112%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Petunidin: 0.78mg, Petunidin: 0.78mg, Petunidin: 0.78mg, Petunidin: 0.78mg Delphinidin: 0.93mg, Delphinidin: 0.93mg, Delphinidin: 0.93mg, Delphinidin: 0.93mg Malvidin: 2.14mg, Malvidin: 2.14mg, Malvidin: 2.14mg, Malvidin: 2.14mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg

Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate:
0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate:
0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.05mg, Kaempferol:
0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg,
Myricetin: 0.08mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 199.88kcal (9.99%), Fat: 14.98g (23.04%), Saturated Fat: 5.51g (34.41%), Carbohydrates: 10.32g (3.44%),
Net Carbohydrates: 9.65g (3.51%), Sugar: 0.73g (0.81%), Cholesterol: 34.4mg (11.47%), Sodium: 176.47mg (7.67%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.35g (12.69%), Manganese: 0.27mg (13.42%), Selenium: 9.03µg
(12.9%), Vitamin B2: 0.18mg (10.57%), Folate: 33.35µg (8.34%), Vitamin B1: 0.11mg (7.6%), Phosphorus: 63.98mg
(6.4%), Vitamin B12: 0.35µg (5.82%), Vitamin B3: 1mg (4.99%), Vitamin K: 4.84µg (4.61%), Iron: 0.82mg (4.55%), Zinc:
0.68mg (4.51%), Calcium: 42.51mg (4.25%), Vitamin E: 0.6mg (3.99%), Copper: 0.07mg (3.73%), Vitamin B6:
0.07mg (3.62%), Magnesium: 11.87mg (2.97%), Vitamin A: 137.07IU (2.74%), Fiber: 0.67g (2.67%), Vitamin B5:
0.22mg (2.23%), Potassium: 66.36mg (1.9%), Vitamin D: 0.18µg (1.19%)