



Walnut Praline Brie and Fruit Platter

 Vegetarian  Gluten Free

READY IN



13 min.

SERVINGS



6

CALORIES



320 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 ounce brie wheel
- ☐ 2 tablespoons butter
- ☐ 2 teaspoons plus light
- ☐ 0.3 cup brown sugar dark
- ☐ 1 pound grapes green red
- ☐ 0.5 cup walnuts chopped

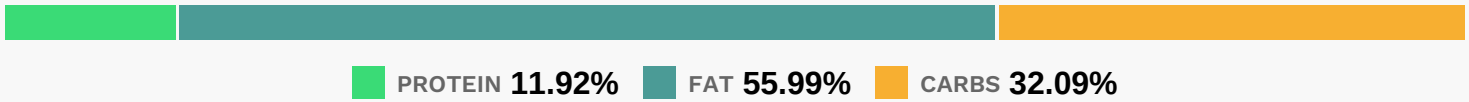
Equipment

- ☐ sauce pan

Directions

- ☐ Wash and divide grapes into clusters. Melt together the sugar, butter and corn syrup in a saucepan over low heat. Simmer for 3 minutes, then stir in the walnuts.
- ☐ Cut the Brie into wedges and arrange on round serving tray. Spoon 1 teaspoon of praline mixture over each wedge and garnish with the grapes.

Nutrition Facts



Properties

Glycemic Index:27, Glycemic Load:6.65, Inflammation Score:-4, Nutrition Score:7.9482608981754%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 319.9kcal (16%), Fat: 20.74g (31.91%), Saturated Fat: 9.61g (60.09%), Carbohydrates: 26.74g (8.91%), Net Carbohydrates: 25.41g (9.24%), Sugar: 23.6g (26.22%), Cholesterol: 47.83mg (15.94%), Sodium: 274.11mg (11.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.94g (19.88%), Manganese: 0.41mg (20.26%), Vitamin B2: 0.27mg (15.63%), Copper: 0.26mg (13.13%), Phosphorus: 121.4mg (12.14%), Vitamin K: 12.5µg (11.9%), Vitamin B12: 0.63µg (10.53%), Vitamin B6: 0.21mg (10.5%), Calcium: 95.83mg (9.58%), Folate: 35.87µg (8.97%), Selenium: 6.21µg (8.88%), Zinc: 1.28mg (8.5%), Vitamin A: 392.24IU (7.84%), Vitamin B1: 0.11mg (7.6%), Potassium: 258.19mg (7.38%), Magnesium: 29.21mg (7.3%), Fiber: 1.33g (5.33%), Iron: 0.81mg (4.5%), Vitamin B5: 0.37mg (3.71%), Vitamin C: 2.55mg (3.09%), Vitamin E: 0.41mg (2.74%), Vitamin B3: 0.41mg (2.04%), Vitamin D: 0.19µg (1.26%)