



## Warm Cranberry-Walnut Brie

 Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



6513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4000 percent crackers whole-wheat low-sodium (such as Triscuit)
- 8 ounce round brie cheese
- 2 tablespoons cranberries dried
- 1 teaspoon thyme leaves fresh chopped
- 1 teaspoon walnuts toasted chopped

### Equipment

- oven
- baking pan

serrated knife

## Directions

Preheat oven to 35

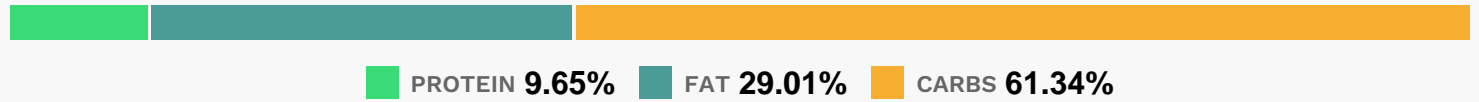
Using a serrated knife, remove topmost rind from cheese; discard rind.

Place cheese, cut side up, in a small ovenproof baking dish; sprinkle with cranberries and thyme. Top evenly with nuts.

Bake at 350 for 15 minutes or until cheese is soft and warm.

Serve immediately with crackers.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:0.05, Inflammation Score:-10, Nutrition Score:73.894347893155%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 6513.12kcal (325.66%), Fat: 220.01g (338.48%), Saturated Fat: 35.9g (224.36%), Carbohydrates: 1046.58g (348.86%), Net Carbohydrates: 891.83g (324.3%), Sugar: 20.71g (23.01%), Cholesterol: 28.35mg (9.45%), Sodium: 10738.53mg (466.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 164.65g (329.31%), Manganese: 32.31mg (1615.62%), Fiber: 154.75g (619%), Phosphorus: 5019.73mg (501.97%), Magnesium: 1656.61mg (414.15%), Vitamin K: 408.94µg (389.47%), Vitamin B3: 69.59mg (347.93%), Copper: 6.31mg (315.66%), Iron: 50.31mg (279.48%), Zinc: 40.14mg (267.6%), Selenium: 155.65µg (222.35%), Vitamin B1: 2.75mg (183.42%), Potassium: 5222.55mg (149.22%), Vitamin B6: 2.85mg (142.26%), Vitamin E: 21.3mg (141.99%), Vitamin B5: 12.69mg (126.86%), Folate: 438.78µg (109.7%), Calcium: 593.76mg (59.38%), Vitamin B2: 0.47mg (27.35%), Vitamin B12: 0.47µg (7.8%), Vitamin A: 179.76IU (3.6%)