



Warmed Cranberry Brie

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce round of président brie
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 teaspoon nutmeg
- ☐ 0.3 cup pecans toasted chopped
- ☐ 2 tablespoons spiced rum
- ☐ 16 ounce roasted cranberry sauce canned

Equipment

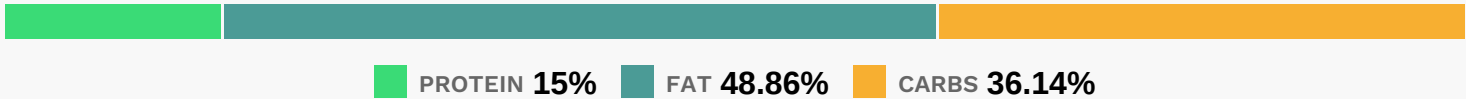
- ☐ baking sheet

☐ oven

Directions

- ☐ Trim rind from top of Brie, leaving a 1/3-inch border on top.
- ☐ Place Brie on a baking sheet.
- ☐ Stir together cranberry sauce and next 3 ingredients; spread mixture evenly over top of Brie.
- ☐ Sprinkle evenly with pecans.
- ☐ Bake Brie at 500 for 5 minutes.
- ☐ Serve with assorted crackers and apple and pear slices.
- ☐ *2 tablespoons orange juice may be substituted for spiced rum.

Nutrition Facts



Properties

Glycemic Index:15.25, Glycemic Load:0.11, Inflammation Score:-3, Nutrition Score:6.70304350231%

Flavonoids

Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg, Cyanidin: 0.42mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 338.51kcal (16.93%), Fat: 18.29g (28.14%), Saturated Fat: 10.11g (63.2%), Carbohydrates: 30.44g (10.15%), Net Carbohydrates: 29.46g (10.71%), Sugar: 25.13g (27.92%), Cholesterol: 56.7mg (18.9%), Sodium: 361.45mg (15.72%), Alcohol: 1.25g (100%), Alcohol %: 1.24% (100%), Protein: 12.63g (25.26%), Vitamin B2: 0.31mg (18.32%), Vitamin B12: 0.94µg (15.59%), Selenium: 8.66µg (12.37%), Phosphorus: 118.99mg (11.9%), Calcium: 114.35mg (11.43%), Manganese: 0.22mg (10.76%), Zinc: 1.53mg (10.18%), Folate: 38.33µg (9.58%), Vitamin B6: 0.15mg (7.57%), Vitamin

A: 361.51IU (7.23%), Vitamin B1: 0.07mg (4.76%), Vitamin E: 0.71mg (4.74%), Magnesium: 17.44mg (4.36%), Vitamin B5: 0.43mg (4.3%), Fiber: 0.98g (3.91%), Iron: 0.66mg (3.65%), Potassium: 125.68mg (3.59%), Copper: 0.07mg (3.58%), Vitamin K: 2.22µg (2.11%), Vitamin D: 0.28µg (1.89%), Vitamin B3: 0.32mg (1.61%)