



## White Chocolate Raspberry Brie Cups

READY IN



20 min.

SERVINGS



15

CALORIES



54 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 oz round of président brie chopped (I used Lite Brie Cheese)
- 15 athens phyllo shells mini
- 15 raspberries
- 0.3 cup raspberry jam
- 1.5 oz chocolate white with a vegetable peeler) shaved chopped

### Equipment

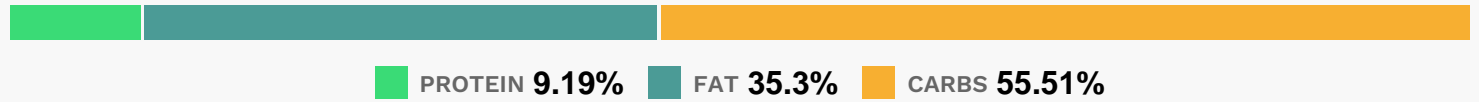
- baking sheet
- baking paper

oven

## Directions

- Preheat oven to 350 degrees. Line a baking sheet with parchment paper
- Place 1 teaspoon white chocolate in bottom of shell. Top with chopped Brie.
- Add about 1/2 tsp. raspberry preserves on top and bake for 8 minutes.
- Remove from oven and top with leftover raspberry jam, place back in oven for 1 minute. Top with a raspberry.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:11.87, Glycemic Load:3.32, Inflammation Score:-1, Nutrition Score:0.65478260869565%

## Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Taste

Sweetness: 100%, Saltiness: 32.74%, Sourness: 37.61%, Bitterness: 24.69%, Savoriness: 8.55%, Fattiness: 67.05%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 53.69kcal (2.68%), Fat: 2.2g (3.38%), Saturated Fat: 1.04g (6.53%), Carbohydrates: 7.78g (2.59%), Net Carbohydrates: 7.58g (2.76%), Sugar: 4.52g (5.02%), Cholesterol: 3.43mg (1.14%), Sodium: 29.5mg (1.28%), Protein: 1.29g (2.57%), Vitamin B2: 0.03mg (1.64%), Vitamin C: 1.04mg (1.26%), Calcium: 12.49mg (1.25%), Phosphorus: 11.98mg (1.2%), Vitamin B12: 0.06µg (1.04%)