

Brie Bites

*Publix Holiday Recipes Flyer
Publix Aprons*

Yield: 30 bites

*1 cup whole almonds, coarsely
chopped
2 boxes (15 count) frozen phyllo
shells
7 ounces deli Brie cheese
5 tablespoons raspberry or apricot
preserves, divided*

Preheat the oven to 375 degrees.

Chop the nuts.

Arrange the phyllo shells on the baking sheet.

Cut the brie into thirty thin, bite-size pieces.
Place one slice of the cheese into each shell.

Top each shell with preserves and almonds.

Bake for 5 minutes or until the cheese melts.

Serve warm.

Start to Finish Time: 20 minutes

Per Serving (excluding unknown items): 1386 Calories; 124g Fat (75.5% calories from fat); 47g Protein; 43g Carbohydrate; 16g Dietary Fiber; 0mg Cholesterol; 23mg Sodium. Exchanges: 2 1/2 Grain(Starch); 5 Lean Meat; 21 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1386	Vitamin B6 (mg):	0mg
% Calories from Fat:	75.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	11.7%	Thiamin B1 (mg):	0mg
% Calories from Protein:	12.8%	Riboflavin B2 (mg):	.8mg
Total Fat (g):	124g	Folacin (mcg):	91mcg
Saturated Fat (g):	12g	Niacin (mg):	7mg
Monounsaturated Fat (g):	80g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	26g	Alcohol (kcal):	0
		% Daily Value*	n n%

Cholesterol (mg):	0mg
Carbohydrate (g):	43g
Dietary Fiber (g):	16g
Protein (g):	47g
Sodium (mg):	23mg
Potassium (mg):	1774mg
Calcium (mg):	584mg
Iron (mg):	8mg
Zinc (mg):	7mg
Vitamin C (mg):	1mg
Vitamin A (i.u.):	0IU
Vitamin A (r.e.):	0RE

Food Exchanges

Grain (Starch):	2 1/2
Lean Meat:	5
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	21
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1386 **Calories from Fat:** 1046

% Daily Values*

Total Fat 124g	191%
Saturated Fat 12g	58%
Cholesterol 0mg	0%
Sodium 23mg	1%
Total Carbohydrates 43g	14%
Dietary Fiber 16g	63%
Protein 47g	
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Vitamin A	0%
Vitamin C	1%
Calcium	58%
Iron	46%

* Percent Daily Values are based on a 2000 calorie diet.