

Brie-Blackberry Bundles

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Yield: 32 appetizers

*1 package (17.3 ounce) puff pastry
(two sheets), thawed
2 wheels (8 ounce ea) Brie cheese
1/2 cup blackberry preserves
2 teaspoons fresh rosemary, chopped
1 egg, beaten*

Preheat the oven to 400 degrees.

On a floured surface, roll out both puff pastry sheets to 12x12-inch rectangles. Cut each sheet into sixteen squares.

Slice the two Brie wheels into a total of thirty-two pieces.

In a bowl, combine the blackberry preserves and rosemary.

For each square, place one piece of the Brie and a scant teaspoon of the jam in the center. Brush the edges with beaten egg. Fold the corners to the center and press well to seal. Brush the bundle with the egg.

Bake for 15 minutes or until golden brown.

Per Serving (excluding unknown items): 75 Calories; 5g Fat (62.0% calories from fat); 6g Protein; 1g Carbohydrate; trace Dietary Fiber; 212mg Cholesterol; 70mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	75	Vitamin B6 (mg):	.1mg
% Calories from Fat:	62.0%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	3.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	34.6%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	5g	Folacin (mcg):	25mcg

Saturated Fat (g): 2g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 212mg
Carbohydrate (g): 1g
Dietary Fiber (g): trace
Protein (g): 6g
Sodium (mg): 70mg
Potassium (mg): 75mg
Calcium (mg): 30mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): trace
Vitamin A (i.u.): 277IU
Vitamin A (r.e.): 73 1/2RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

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

Nutrition Facts

Amount Per Serving

Calories 75 **Calories from Fat:** 47

% Daily Values*

Total Fat 5g	8%
Saturated Fat 2g	8%
Cholesterol 212mg	71%
Sodium 70mg	3%
Total Carbohydrates 1g	0%
Dietary Fiber trace	1%
Protein 6g	
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Vitamin A	6%
Vitamin C	0%
Calcium	3%
Iron	6%

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