

# Pepper Jelly Brie

50 Burger Toppings  
Food Network Magazine

1/2 cup Brie cheese spread  
1 tablespoon hot pepper jelly  
1 teaspoon thyme, chopped  
pinch of salt

In a bowl, combine all of the ingredients.

Can be used as a hamburger topping.

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Per Serving (excluding unknown items): 4 Calories; trace Fat (18.2% calories from fat); trace Protein; 1g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 1mg Sodium. Exchanges: 0 Grain(Starch); 0 Fat.

Sauces and Condiments

## Per Serving Nutritional Analysis

Calories (kcal):	4
% Calories from Fat:	18.2%
% Calories from Carbohydrates:	71.6%
% Calories from Protein:	10.2%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	1g
Dietary Fiber (g):	1g
Protein (g):	trace
Sodium (mg):	1mg
Potassium (mg):	12mg
Calcium (mg):	27mg
Iron (mg):	2mg
Zinc (mg):	trace
Vitamin C (mg):	1mg
Vitamin A (i.u.):	54IU
Vitamin A (r.e.):	5 1/2RE

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	4mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0 0%

## Food Exchanges

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

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## Nutrition Facts

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### Amount Per Serving

**Calories** 4 **Calories from Fat:** 1

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		<b>% Daily Values*</b>
<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	1mg	0%
<b>Total Carbohydrates</b>	1g	0%
Dietary Fiber	1g	2%
<b>Protein</b>	trace	
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<b>Vitamin A</b>		1%
<b>Vitamin C</b>		1%
<b>Calcium</b>		3%
<b>Iron</b>		10%

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