



Baked camembert

READY IN



25 min.

SERVINGS



4

CALORIES



270 kcal

SIDE DISH

Ingredients

- ☐ 250 g camembert cheese cut cubes plus extra to put on top
- ☐ 1 tbsp wine dry white
- ☐ 2 thyme sprigs
- ☐ 1 pinch pepper dried
- ☐ 4 servings round buttery crackers toasted

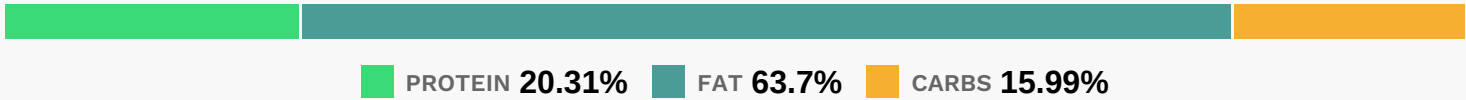
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Unwrap 250g camembert, brie or similar from its packaging, then place back into its box. Tie string around the box to secure.
- ☐ Slash the cheese a few times and top with 1 tbsp vermouth, dry white wine or kirsch, 2 thyme sprigs and a pinch of dried chilli flakes.
- ☐ Bake on a baking tray for 20 mins until gooey.
- ☐ Serve with toasted bread or crackers for dipping.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.12, Inflammation Score:-7, Nutrition Score:8.875217380731%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 269.87kcal (13.49%), Fat: 18.91g (29.1%), Saturated Fat: 10.44g (65.23%), Carbohydrates: 10.68g (3.56%), Net Carbohydrates: 10.23g (3.72%), Sugar: 1.63g (1.81%), Cholesterol: 45mg (15%), Sodium: 668.01mg (29.04%), Alcohol: 0.39g (100%), Alcohol %: 0.59% (100%), Protein: 13.57g (27.13%), Calcium: 269.58mg (26.96%), Phosphorus: 261.83mg (26.18%), Vitamin B2: 0.35mg (20.62%), Selenium: 9.81µg (14.01%), Vitamin B12: 0.81µg (13.54%), Folate: 50.54µg (12.63%), Vitamin A: 543.67IU (10.87%), Zinc: 1.6mg (10.66%), Vitamin B5: 0.92mg (9.16%), Vitamin K: 9.29µg (8.85%), Vitamin B6: 0.16mg (7.78%), Manganese: 0.12mg (6.18%), Vitamin B3: 1.19mg (5.95%), Vitamin B1: 0.09mg (5.91%), Iron: 1.02mg (5.68%), Vitamin E: 0.7mg (4.66%), Magnesium: 16.75mg (4.19%), Potassium: 142.11mg (4.06%), Copper: 0.04mg (1.81%), Fiber: 0.45g (1.79%), Vitamin D: 0.25µg (1.67%)