



Baked camembert pie for sharing

READY IN



40 min.

SERVINGS



6

CALORIES



500 kcal

Ingredients

- ☐ 375 g puff pastry (all-butter is tastiest)
- ☐ 5 tbsp roasted cranberry sauce
- ☐ 250 g camembert cheese cut cubes plus extra to put on top whole
- ☐ 1 eggs beaten

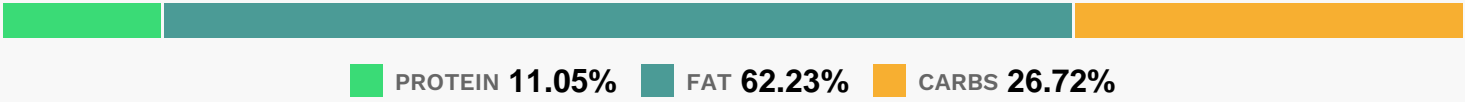
Equipment

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ kitchen scissors

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Halve the pastry, then roll out each half on a lightly floured surface to about the thickness of a 1 coin. In the centre of 1 pastry sheet, spread the jelly into a circle roughly the same size as the cheese. Sit the cheese on top.
- ☐ Brush the pastry around the cheese with some beaten egg. Lift the second sheet of pastry on top and gently press over the cheese, squeezing out the air as you go, then seal it all the way around press down with your fingers over all the excess pastry to seal really well. Use scissors to cut away excess pastry, leaving about a 4cm border around the cheese. Use the prongs of a fork to press the edges this looks pretty and seals the pastry even more. Lift onto a baking tray lined with baking parchment.
- ☐ Brush all over with egg, then add a sesame-seed star, if you like.
- ☐ Bake for 20-25 mins until the pastry is brown, crisp and well risen around the edges if your star is getting too dark, cover with a square of foil after 20 mins. Sit for 5 mins before cutting and catching the cheesy centre as it oozes out.

Nutrition Facts



Properties

Glycemic Index:13.83, Glycemic Load:15.31, Inflammation Score:-4, Nutrition Score:10.793912966614%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg, Myricetin: 0.34mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 499.74kcal (24.99%), Fat: 34.65g (53.31%), Saturated Fat: 12.63g (78.95%), Carbohydrates: 33.48g (11.16%), Net Carbohydrates: 32.41g (11.78%), Sugar: 4.66g (5.17%), Cholesterol: 57.28mg (19.09%), Sodium: 517.5mg (22.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.85g (27.7%), Selenium: 23.47µg (33.53%), Vitamin B2: 0.42mg (24.49%), Phosphorus: 197.1mg (19.71%), Folate: 78.15µg (19.54%), Vitamin B1: 0.27mg (17.68%), Calcium: 172.4mg (17.24%), Manganese: 0.33mg (16.52%), Vitamin B3: 2.89mg (14.43%), Iron: 1.92mg (10.65%), Vitamin K: 11.09µg (10.56%), Vitamin B12: 0.61µg (10.12%), Zinc: 1.42mg (9.48%), Vitamin A: 387.14IU (7.74%), Vitamin B5: 0.68mg (6.81%), Vitamin B6: 0.12mg (6.1%), Magnesium: 19.46mg (4.87%), Copper: 0.09mg (4.43%), Fiber: 1.08g (4.3%), Vitamin E: 0.62mg (4.12%), Potassium: 129.66mg (3.7%), Vitamin D: 0.31µg (2.09%)