



Baked Camembert with Thyme & Garlic

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



275 kcal

SIDE DISH

Ingredients

- ☐ 1 small baguette cut into 1/2 in slices
- ☐ 9 oz camembert in its wooden box
- ☐ 0.5 teaspoon thyme leaves fresh
- ☐ 1 garlic clove peeled sliced into matchsticks
- ☐ 1 tablespoon maple syrup
- ☐ 2 tablespoons olive oil for brushing
- ☐ 4 servings sea salt crushed

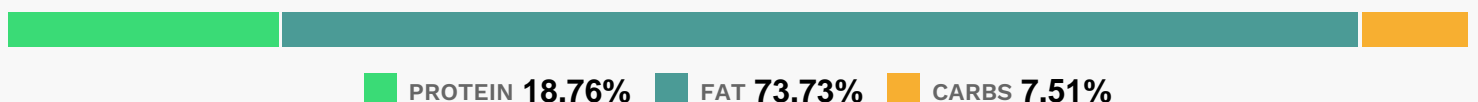
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ aluminum foil
- ☐ wax paper

Directions

- ☐ Preheat the oven to 400°F.
- ☐ Remove the camembert from the box and discard any wax paper packaging. Take a 10-inch square of foil and place in the box.
- ☐ Place the camembert inside.
- ☐ Pierce the top of the camembert with the tip of a knife and push in the slices of garlic.
- ☐ Sprinkle the thyme leaves over the top and drizzle with the maple syrup. Loosely scrunch the foil up over the cheese. Set aside.
- ☐ Brush two 12-inch square sheets (the size of your baking sheet) of parchment paper with oil. Line a baking sheet with one of the oiled parchment sheets, oil-side up.
- ☐ Spread the slices of baguette over the sheet.
- ☐ Drizzle with olive oil and sprinkle with crushed sea salt.
- ☐ Place the remaining sheet of parchment, oil-side down, over the bread.
- ☐ Place in the oven with the camembert and cook both for 10 to 12 minutes until the cheese has risen and the bread is crisp. Open up the foil and dip in the hot baguette for a simple snack. Delicious!
- ☐ From Take 5 Ingredients: 95 Delicious Dishes Using Just 5 Ingredients by James Tanner. Text copyright © 2010 James Tanner; photography © 2010 Anders Schønnemann. Published by Kyle Books, an imprint of Kyle Cathie Limited. First published in Great Britain in 2010 by Kyle Cathie Limited.

Nutrition Facts



Properties

Glycemic Index:52.56, Glycemic Load:2.22, Inflammation Score:-6, Nutrition Score:8.1613042937673%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 274.58kcal (13.73%), Fat: 22.58g (34.73%), Saturated Fat: 10.74g (67.13%), Carbohydrates: 5.17g (1.72%), Net Carbohydrates: 5.07g (1.84%), Sugar: 3.41g (3.79%), Cholesterol: 45.93mg (15.31%), Sodium: 747.06mg (32.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.93g (25.86%), Calcium: 258.13mg (25.81%), Vitamin B2: 0.38mg (22.64%), Phosphorus: 225.13mg (22.51%), Selenium: 9.79µg (13.98%), Vitamin B12: 0.83µg (13.82%), Vitamin A: 534.99IU (10.7%), Folate: 42.36µg (10.59%), Zinc: 1.59mg (10.58%), Vitamin B5: 0.88mg (8.85%), Manganese: 0.17mg (8.41%), Vitamin B6: 0.16mg (7.88%), Vitamin E: 1.15mg (7.67%), Vitamin K: 5.58µg (5.31%), Potassium: 138.27mg (3.95%), Magnesium: 15.05mg (3.76%), Vitamin B3: 0.53mg (2.65%), Vitamin B1: 0.04mg (2.49%), Iron: 0.4mg (2.22%), Vitamin D: 0.26µg (1.7%), Copper: 0.02mg (1.01%)