



Camembert Caraway Spread on Pumpernickel Toasts

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



282 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 10 oz camembert cheese cut cubes plus extra to put on top with rind, quartered and at room temperature ripe
- ☐ 1 teaspoon caraway seeds
- ☐ 6 servings chives fresh
- ☐ 0.3 cup cream cheese at room temperature
- ☐ 0.3 cup chives fresh chopped
- ☐ 2.7 inch pumpernickel bread cut into thirds

- ☐ 3 tablespoons shallots chopped
- ☐ 5 tablespoons cream sour
- ☐ 0.3 cup butter unsalted melted

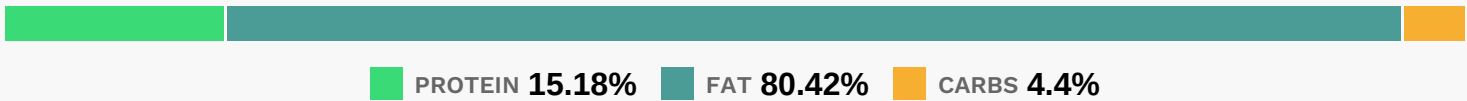
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Purée Camembert, cream cheese, sour cream, shallot, and caraway seeds in a food processor. Stir in pepper and chives.
- ☐ Preheat oven to 425°F.
- ☐ Brush 1 side of bread with butter and season with salt and pepper. Toast bread, buttered sides up, on a baking sheet in middle of oven until crisp, about 7 minutes.
- ☐ Transfer toasts to a rack to cool.
- ☐ Spread can be made 1 day ahead and chilled, covered. Bring to room temperature before serving. •Toasts can be made 2 days ahead, then cooled completely and kept in an airtight container at room temperature.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:0.75, Inflammation Score:-6, Nutrition Score:7.4908695376438%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 282.25kcal (14.11%), Fat: 25.55g (39.3%), Saturated Fat: 15.66g (97.87%), Carbohydrates: 3.15g (1.05%), Net Carbohydrates: 2.68g (0.97%), Sugar: 1.49g (1.66%), Cholesterol: 72.99mg (24.33%), Sodium: 449.08mg (19.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.85g (21.7%), Calcium: 216.04mg (21.6%), Phosphorus: 196.03mg (19.6%), Vitamin A: 973.88IU (19.48%), Vitamin B2: 0.29mg (16.98%), Selenium: 8.81µg (12.58%), Vitamin B12: 0.68µg (11.32%), Folate: 36.92µg (9.23%), Zinc: 1.3mg (8.67%), Vitamin B5: 0.79mg (7.9%), Vitamin K: 8.02µg (7.64%), Vitamin B6: 0.14mg (7.14%), Potassium: 153.43mg (4.38%), Manganese: 0.09mg (4.28%), Magnesium: 15.7mg (3.92%), Vitamin E: 0.49mg (3.25%), Vitamin C: 2.11mg (2.56%), Vitamin D: 0.33µg (2.21%), Iron: 0.38mg (2.13%), Vitamin B3: 0.4mg (1.99%), Vitamin B1: 0.03mg (1.92%), Fiber: 0.47g (1.88%), Copper: 0.03mg (1.63%)