



Camembert Caraway Spread on Pumpernickel Toasts

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



279 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
- 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

 **PROTEIN 15.19%** **FAT 81.12%** **CARBS 3.69%**

Properties

Glycemic Index:34.33, Glycemic Load:0.49, Inflammation Score:-6, Nutrition Score:7.3443478760512%

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: 279.43kcal (13.97%), Fat: 25.51g (39.25%), Saturated Fat: 15.65g (97.84%), Carbohydrates: 2.61g (0.87%), Net Carbohydrates: 2.22g (0.81%), Sugar: 1.48g (1.65%), Cholesterol: 72.99mg (24.33%), Sodium: 442.35mg

(19.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.75g (21.5%), Calcium: 215.27mg (21.53%), Vitamin A: 973.88IU (19.48%), Phosphorus: 194.02mg (19.4%), Vitamin B2: 0.29mg (16.78%), Selenium: 8.53µg (12.19%), Vitamin B12: 0.68µg (11.32%), Folate: 35.87µg (8.97%), Zinc: 1.28mg (8.56%), Vitamin B5: 0.79mg (7.86%), Vitamin K: 8.01µg (7.63%), Vitamin B6: 0.14mg (7.07%), Potassium: 151.08mg (4.32%), Magnesium: 15.09mg (3.77%), Manganese: 0.07mg (3.55%), Vitamin E: 0.48mg (3.22%), Vitamin C: 2.11mg (2.56%), Vitamin D: 0.33µg (2.21%), Iron: 0.35mg (1.95%), Vitamin B3: 0.36mg (1.82%), Vitamin B1: 0.03mg (1.68%), Fiber: 0.4g (1.58%), Copper: 0.03mg (1.47%)