



Camembert Cremes

 Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 ounce rounds camembert cheese divided
- 6 ounce cream cheese softened
- 1.5 cups seasoned croutons italian crushed finely
- 0.3 cup parsley fresh finely chopped
- 32 servings parsley fresh chopped
- 0.5 teaspoon pepper
- 0.3 cup onion red minced
- 0.5 teaspoon salt

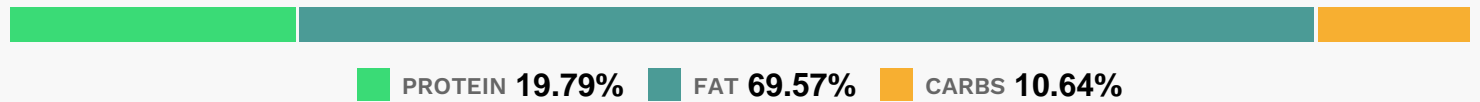
Equipment

- bowl
- wax paper

Directions

- Stir together cream cheese and next 4 ingredients in a small bowl. Set cream cheese mixture aside.
- Trim rind from cheese rounds.
- Cut each round into 16 wedges.
- Place cheese wedges on wax paper, and flatten wedges into 3-inch circles.
- Place 1 teaspoon cream cheese mixture in center of each circle. Gently wrap cheese sides around filling, and roll into balls.
- Roll in crushed croutons and parsley. Chill 1 hour.
- *Brie may be substituted for Camembert cheese.

Nutrition Facts



Properties

Glycemic Index:7.78, Glycemic Load:0.87, Inflammation Score:-5, Nutrition Score:6.1686955664469%

Flavonoids

Apigenin: 9.97mg, Apigenin: 9.97mg, Apigenin: 9.97mg, Apigenin: 9.97mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 69.26kcal (3.46%), Fat: 5.41g (8.32%), Saturated Fat: 3.27g (20.44%), Carbohydrates: 1.86g (0.62%), Net Carbohydrates: 1.6g (0.58%), Sugar: 0.38g (0.42%), Cholesterol: 15.57mg (5.19%), Sodium: 184.86mg (8.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin K: 76.3µg (72.67%), Vitamin A: 577.43IU (11.55%), Vitamin C: 6.27mg (7.61%), Calcium: 68.15mg (6.81%), Phosphorus: 59.71mg (5.97%), Vitamin B2: 0.09mg

(5.31%), Folate: 18.48µg (4.62%), Selenium: 3.05µg (4.36%), Vitamin B12: 0.2µg (3.27%), Zinc: 0.43mg (2.86%),
Vitamin B5: 0.25mg (2.51%), Iron: 0.4mg (2.24%), Vitamin B6: 0.04mg (2.09%), Potassium: 63.75mg (1.82%),
Magnesium: 6.28mg (1.57%), Manganese: 0.03mg (1.33%), Vitamin B1: 0.02mg (1.25%), Vitamin B3: 0.23mg (1.17%),
Fiber: 0.26g (1.04%)