



Camembert with Balsamic Bell Peppers



Vegetarian



Gluten Free

READY IN



49 min.

SERVINGS



12

CALORIES



70 kcal

SIDE DISH

Ingredients

- ☐ 1 teaspoon vegetable oil
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 teaspoon brown sugar packed
- ☐ 1 tablespoon balsamic vinegar
- ☐ 8 ounces camembert cheese cut cubes plus extra to put on top
- ☐ 2 tablespoons spring onion chopped
- ☐ 1 tablespoon pistachios chopped
- ☐ 48 fruit cocktail assorted

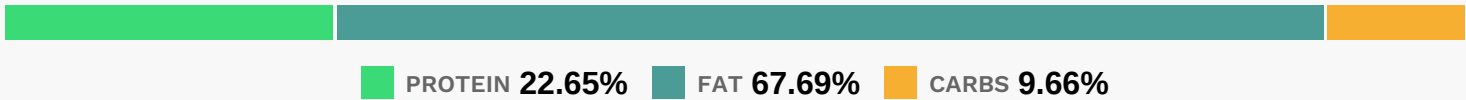
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 350°F.
- ☐ Heat oil in 10-inch nonstick skillet over medium heat. Cook bell pepper in oil 8 to 10 minutes, stirring occasionally, until tender. Stir in brown sugar and vinegar. Cook 1 to 2 minutes or until pepper is glazed.
- ☐ Meanwhile, place cheese in ungreased decorative ovenproof plate or shallow ovenproof serving bowl.
- ☐ Bake 10 to 12 minutes or until soft.
- ☐ Spoon bell pepper mixture over cheese.
- ☐ Sprinkle with onions and nuts.
- ☐ Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:17.83, Glycemic Load:0.56, Inflammation Score:-3, Nutrition Score:3.2486956663754%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 69.55kcal (3.48%), Fat: 5.27g (8.11%), Saturated Fat: 2.99g (18.67%), Carbohydrates: 1.69g (0.56%), Net Carbohydrates: 1.43g (0.52%), Sugar: 1.34g (1.49%), Cholesterol: 13.61mg (4.54%), Sodium: 160.14mg (6.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.97g (7.94%), Vitamin C: 8.25mg (9.99%), Calcium: 75.88mg (7.59%), Vitamin A: 370.24IU (7.4%), Phosphorus: 71.33mg (7.13%), Vitamin B2: 0.1mg (5.89%), Vitamin B12: 0.25µg (4.09%), Selenium: 2.82µg (4.03%), Folate: 15.65µg (3.91%), Vitamin B6: 0.07mg (3.72%), Vitamin K: 3.55µg (3.38%), Zinc: 0.49mg (3.25%), Vitamin B5: 0.28mg (2.84%), Potassium: 62.88mg (1.8%), Manganese: 0.03mg (1.55%), Magnesium: 5.86mg (1.46%), Vitamin E: 0.21mg (1.39%), Vitamin B3: 0.21mg (1.04%), Fiber: 0.26g (1.04%), Vitamin B1: 0.02mg (1.02%)