



## Camembert with Cranberry Caramelized Onions

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



87 kcal

SIDE DISH

### Ingredients

- 1 tablespoon butter
- 1 small onion sweet halved thinly sliced
- 8 oz camembert cheese cut cubes plus extra to put on top
- 0.3 cup cranberries dried sweetened
- 2 teaspoons brown sugar
- 0.3 teaspoon salt
- 2 tablespoons sherry sweet dry

2 tablespoons marjoram dried fresh chopped

## Equipment

frying pan

oven

baking pan

## Directions

Heat oven to 350°F. Melt butter in large nonstick skillet over medium heat.

Add onion; cook 8 to 10 minutes or until very tender, stirring frequently.

Meanwhile, place cheese in ungreased decorative ovenproof shallow baking dish or plate.

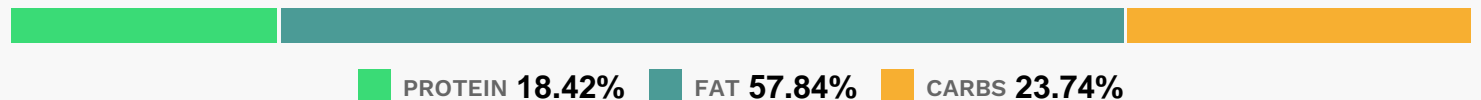
Bake at 350°F. for 10 to 12 minutes or until cheese is soft.

Add cranberries, brown sugar, salt and sherry to onion; mix well. Cook 5 minutes or until sugar is dissolved, stirring frequently. Stir in marjoram; cook and stir 1 minute.

To serve, spoon warm onion mixture over cheese.

Serve with assorted crackers and small cocktail bread slices. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:7.67, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:3.073478312596%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

## Nutrients (% of daily need)

Calories: 87.16kcal (4.36%), Fat: 5.61g (8.63%), Saturated Fat: 3.5g (21.85%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 4.67g (1.7%), Sugar: 3.99g (4.43%), Cholesterol: 16.12mg (5.37%), Sodium: 217.99mg (9.48%), Alcohol: 0.26g (100%), Alcohol %: 0.61% (100%), Protein: 4.02g (8.04%), Calcium: 86.8mg (8.68%), Phosphorus: 75.01mg (7.5%), Vitamin B2: 0.1mg (5.9%), Folate: 19.04µg (4.76%), Vitamin B6: 0.09mg (4.26%), Vitamin A: 211.3IU (4.23%), Selenium: 2.93µg (4.19%), Vitamin B12: 0.25µg (4.13%), Zinc: 0.5mg (3.36%), Vitamin B5: 0.29mg (2.94%), Manganese: 0.06mg (2.82%), Vitamin K: 2.82µg (2.68%), Iron: 0.43mg (2.4%), Potassium: 77.43mg (2.21%), Fiber: 0.52g (2.07%), Magnesium: 7.85mg (1.96%), Vitamin C: 1.5mg (1.82%), Copper: 0.03mg (1.26%), Vitamin B1: 0.02mg (1.21%)