



Camembert with Cranberry Caramelized Onions

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



12

CALORIES



86 kcal

SIDE DISH

Ingredients

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

0.3 cup cranberries dried sweetened

Equipment

frying pan

oven

baking pan

Directions

Heat oven to 350F. 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 350F. 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

 **PROTEIN 18.5%**  **FAT 58.32%**  **CARBS 23.18%**

Properties

Glycemic Index:10.33, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:3.0343478607095%

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: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 86.37kcal (4.32%), Fat: 5.59g (8.6%), Saturated Fat: 3.49g (21.84%), Carbohydrates: 5g (1.67%), Net Carbohydrates: 4.61g (1.68%), Sugar: 3.98g (4.42%), Cholesterol: 16.12mg (5.37%), Sodium: 217.92mg (9.47%), Alcohol: 0.26g (100%), Alcohol %: 0.61% (100%), Protein: 3.99g (7.98%), Calcium: 80.62mg (8.06%), Phosphorus: 74.18mg (7.42%), Vitamin K: 6.21µg (5.92%), Vitamin B2: 0.1mg (5.86%), Folate: 18.64µg (4.66%), Vitamin A: 212.49IU (4.25%), Selenium: 2.92µg (4.17%), Vitamin B12: 0.25µg (4.13%), Vitamin B6: 0.08mg (4.08%), Zinc: 0.5mg (3.31%), Vitamin B5: 0.29mg (2.95%), Vitamin C: 1.77mg (2.15%), Potassium: 74.2mg (2.12%), Manganese: 0.04mg (1.94%), Magnesium: 6.86mg (1.72%), Fiber: 0.39g (1.57%), Vitamin B1: 0.02mg (1.16%), Copper: 0.02mg (1.1%)