



Toasted Camembert, Walnut And Fig Tartine

 Vegetarian

READY IN



15 min.

SERVINGS



1

CALORIES



316 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 serving camembert cheese cut cubes plus extra to put on top ripe
- 1 serving let set min. spread
- 1 serving sourdough bread
- 1 halves walnuts

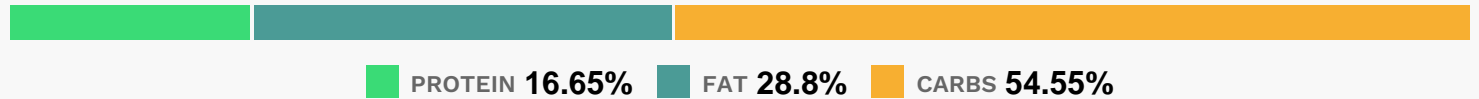
Equipment

- grill
- broiler

Directions

- Preheat the broiler (grill) to a high setting. Lightly toast the bread.
- Spread the fig jam on top, cover with the Camembert and then sprinkle the walnuts and a little black pepper over the tartine.
- Place under the broiler for 3–4 minutes or until the cheese begins to melt.
- Serve immediately

Nutrition Facts



Properties

Glycemic Index:182.5, Glycemic Load:30.89, Inflammation Score:-5, Nutrition Score:11.619565302911%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg

Nutrients (% of daily need)

Calories: 316.08kcal (15.8%), Fat: 10.15g (15.62%), Saturated Fat: 5.05g (31.58%), Carbohydrates: 43.27g (14.42%), Net Carbohydrates: 41.58g (15.12%), Sugar: 9.94g (11.04%), Cholesterol: 21.6mg (7.2%), Sodium: 642.4mg (27.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.21g (26.42%), Selenium: 23.03µg (32.9%), Vitamin B1: 0.47mg (31.46%), Vitamin B2: 0.43mg (25.49%), Folate: 100.82µg (25.2%), Manganese: 0.42mg (21.03%), Phosphorus: 180.88mg (18.09%), Vitamin B3: 3.3mg (16.51%), Calcium: 154.44mg (15.44%), Iron: 2.73mg (15.16%), Zinc: 1.45mg (9.67%), Magnesium: 30.2mg (7.55%), Vitamin B6: 0.15mg (7.51%), Copper: 0.15mg (7.47%), Fiber: 1.7g (6.78%), Vitamin B12: 0.39µg (6.5%), Vitamin B5: 0.64mg (6.37%), Vitamin A: 246.4IU (4.93%), Potassium: 150.58mg (4.3%), Vitamin E: 0.23mg (1.52%), Vitamin C: 1.26mg (1.52%), Vitamin K: 1.1µg (1.05%)