

Cheese and Fruit Plate

Brie, smoked Gouda, and Havarti cheeses. Served with red grapes, raisins, dried apricots and fig compote



WIMS# 35056

Allergens: milk

| Cheese & Fruit Plate - Cycle 1 | |
|--------------------------------|------------------------|
| Nutrition Facts | |
| 1 servings per container | |
| Serving size | 1 plate (174 g) |
| Amount per serving | |
| Calories | 430 |
| % Daily Value* | |
| Total Fat 24g | 31% |
| Saturated Fat 14g | 72% |
| Trans Fat 0.5g | |
| Cholesterol 65mg | 21% |
| Sodium 500mg | 22% |
| Total Carbohydrate 36g | 13% |
| Dietary Fiber 2g | 7% |
| Total Sugars 30g | |
| Protein 19g | |
| Vitamin D 0.00mcg | 0% |
| Calcium 491mg | 40% |
| Iron 0.9mg | 5% |
| Potassium 359mg | 8% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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