

Cheese and Fruit Plate

Goat cheese, English cheddar, and Gruyère cheeses. Served with red grapes, craisins, dried apricots and fig compote



WIMS# 30054

Allergens: milk

Cheese & Fruit Plate - Cycle 2	
Nutrition Facts	
1 servings per container	
Serving size	1 plate (174 g)
Amount per serving	
Calories	420
	% Daily Value*
Total Fat 24g	30%
Saturated Fat 15g	76%
<i>Trans Fat</i> 0g	
Cholesterol 75mg	25%
Sodium 490mg	21%
Total Carbohydrate 37g	13%
Dietary Fiber 2g	7%
Total Sugars 31g	
Protein 17g	
Vitamin D 0.00mcg	0%
Calcium 527mg	43%
Iron 0.9mg	6%
Potassium 383mg	9%

* 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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