

Cheese and Fruit Plate

Manchego, Irish cheddar and borgonzola cheeses. Served with red grapes, raisins, dried apricots, and fig compote



WIMS# 35049

Allergens: milk

Cheese & Fruit Plate - Cycle 3	
Nutrition Facts	
1 servings per container	
Serving size	1 plate (182 g)
Amount per serving	
Calories	480
	% Daily Value*
Total Fat 28g	35%
Saturated Fat 19g	95%
Trans Fat 1g	
Cholesterol 90mg	29%
Sodium 810mg	35%
Total Carbohydrate 35g	13%
Dietary Fiber 2g	7%
Total Sugars 31g	
Protein 22g	
Vitamin D 0.00mcg	0%
Calcium 714mg	59%
Iron 0.9mg	6%
Potassium 330mg	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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