

Cheese and Fruit Plate

Beemster's goat gouda, English cheddar, and Borgonzola cheeses. Served with red grapes, craisins, dried apricots and fig compote.



Choose & Fruit Plate - Cycle 2

Nutrition Facts	
1 servings per container	
Serving size	1 plate (174 g)
Amount per serving	
Calories	450
% Daily Value*	
Total Fat 26g	34%
Saturated Fat 17g	87%
<i>Trans Fat</i> 1.0g	
Cholesterol 65mg	22%
Sodium 570mg	25%
Total Carbohydrate 35g	13%
Dietary Fiber 2g	7%
Total Sugars 31g	
Protein 21g	
Vitamin D 0.00mcg	0%
Calcium 660mg	55%
Iron 0.9mg	6%
Potassium 350mg	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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Allergens: Milk