

Cheese & Fruit Plate

Meseta, Humboldt fog, and Comte cheeses, with grapes, craisins, dried apricots and fig compote.



Choose & Fruit Plate - Cycle 3

Nutrition Facts	
1 servings per container	
Serving size	1 plate (174 g)
Amount per serving	
Calories	450
% Daily Value*	
Total Fat 24g	30%
Saturated Fat 15g	73%
<i>Trans Fat</i> 0g	
Cholesterol 65mg	22%
Sodium 470mg	21%
Total Carbohydrate 38g	14%
Dietary Fiber 2g	7%
Total Sugars 31g	
Protein 19g	
Vitamin D 0.00mcg	0%
Calcium 497mg	40%
Iron 0.9mg	5%
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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Allergens: Milk