

Cheese and Fruit Plate

Cave aged Manchego, Garlic/Herb cheddar, Beemster's gouda. Served with red grapes, Marcona almonds, dried apricots and fig compote



WIMS# 35043

Allergens: Milk, Tree Nuts (Almond)

Cheese & Fruit Plate - Cycle 2

Nutrition Facts	
1 servings per container	
Serving size	1 plate (182 g)
Amount per serving	
Calories	450
% Daily Value*	
Total Fat 28g	36%
Saturated Fat 15g	75%
<i>Trans</i> Fat 1.0g	
Cholesterol 90mg	31%
Sodium 560mg	24%
Total Carbohydrate 32g	12%
Dietary Fiber 3g	10%
Total Sugars 27g	
Protein 18g	
Vitamin D 0.00mcg	0%
Calcium 514mg	42%
Iron 1.2mg	7%
Potassium 430mg	10%

* 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.