

# Cheese and Fruit Plate

Baby Eiffel Camembert, Beemster's smoked Gouda and Irish cheddar, with grapes, Marcona almonds, dried apricots, and fig compote



WIMS# 30294

Allergens: Milk, Tree Nuts (Almonds)

Cheese & Fruit Plate - Cycle 3

## Nutrition Facts

1 servings per container  
**Serving size** 1 plate (191 g)

**Amount per serving**  
**Calories** **540**

% Daily Value\*

**Total Fat** 35g **45%**  
 Saturated Fat 18g **89%**  
 Trans Fat 0g

**Cholesterol** 75mg **26%**

**Sodium** 770mg **33%**

**Total Carbohydrate** 33g **12%**

Dietary Fiber 3g **10%**

Total Sugars 27g

**Protein** 24g

Vitamin D 0.00mcg 0%

Calcium 640mg 51%

Iron 1.3mg 8%

Potassium 450mg 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.