Cycle 1

Cheese and Fruit Plate

Borgonzola, Grana Padano, and Pecorino Toscano cheeses. Served with red grapes, Marcona almonds, dried apricots and sour cherry compote



WIMS# 35078

Allergens: Milk, Tree Nuts (Almonds)

Cheese & Fruit Plate - Cycle 1	
Nutrition	Facts
1 servings per container Serving size	1 plate (182 g)
Amount per serving Calories	500
	% Daily Value*
Total Fat 32g	41%
Saturated Fat 16g	82%
Trans Fat 0g	
Cholesterol 75mg	24%
Sodium 560mg	24%
Total Carbohydrate 32g	12%
Dietary Fiber 3g	10%
Total Sugars 26g	
Protein 23g	
Vitamin D 0.00mcg	0%
Calcium 751mg	62%
Iron 1.0mg	6%
Potassium 460mg	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