

Cheese and Fruit Plate

Beemster's Vlaskaas, Borgonzola, and Iberico cheeses. Served with red grapes, Marcona almonds, dried apricots, and sour cherry compote



WIMS# 30357

Allergens: Milk, Tree Nuts (Almonds)

Cheese & Fruit Plate - Cycle 1

Nutrition Facts

1 servings per container
Serving size 1 meal (191 g)

Amount per serving
Calories **530**

% Daily Value*

Total Fat 35g **45%**
 Saturated Fat 20g **100%**
 Trans Fat 0g

Cholesterol 75mg **25%**

Sodium 670mg **29%**

Total Carbohydrate 33g **12%**

Dietary Fiber 3g **10%**

Total Sugars 26g

Protein 23g

Vitamin D 0.00mcg 0%

Calcium 717mg 60%

Iron 0.9mg 5%

Potassium 440mg 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.