

Cheese and Fruit Plate

Welsh Collier's cheddar, Meseta sheep's milk cheese, and Spanish wine-aged goat cheese. Served with red grapes, Marcona almonds, dried apricots, and fig compote



WIMS# 38111

Allergens: Egg, Milk, Tree nuts (Almond)

Cheese & Fruit Plate - Cycle 2

Nutrition Facts

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

Amount per serving
Calories **540**

% Daily Value*

Total Fat 36g **46%**
 Saturated Fat 20g **99%**
 Trans Fat 0g

Cholesterol 75mg **26%**
Sodium 790mg **34%**

Total Carbohydrate 32g **12%**
 Dietary Fiber 3g **10%**
 Total Sugars 26g

Protein 25g

Vitamin D 0.00mcg 0%
 Calcium 831mg 68%
 Iron 1.6mg 9%
 Potassium 470mg 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.