

Cheese and Fruit Plate

Spanish Meseta, Beemster mustard seed Gouda, and sharp Irish Cheddar, served with red grapes, Marcona almonds, dried apricots, and fig compote



Allergens: Milk, Tree Nuts (almonds)

Cheese and Fruit Plate - Cycle 2

Nutrition Facts

1 servings per container
Serving size 1 plate (184 g)

Amount per serving
Calories **540**

% Daily Value*

Total Fat 36g **47%**

Saturated Fat 20g **101%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 710mg **31%**

Total Carbohydrate 27g **10%**

Dietary Fiber 2g **8%**

Total Sugars 23g

Protein 24g

Vitamin D 0.00mcg **0%**

Calcium 589mg **47%**

Iron 1.0mg **6%**

Potassium 370mg **8%**

* 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.