

Cheese and Fruit Plate

12-month Beemster Gruyère, Asiago, and Brie with grapes, Marcona almonds, dried apricots and fig compote



Allergens: Milk, Tree nuts (almonds)

Cheese and Fruit Plate - Cycle 3

Nutrition Facts	
1 servings per container	
Serving size	1 plate (184 g)
Amount per serving	
Calories	510
% Daily Value*	
Total Fat 34g	43%
Saturated Fat 18g	90%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 580mg	25%
Total Carbohydrate 29g	10%
Dietary Fiber 2g	8%
Total Sugars 24g	
Protein 25g	
Vitamin D 0.17mcg	0%
Calcium 656mg	55%
Iron 1mg	6%
Potassium 400mg	9%

* 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.