



Cheese and Fruit Plate

READY IN



15 min.

SERVINGS



18

CALORIES



293 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 9 oz figs dried chopped (24 medium figs)
- 2.5 oz hazelnuts chopped (filberts) ()
- 12 oz apricot preserves
- 8 oz gouda cheese
- 8 oz cheese blue
- 8 oz round of président brie
- 1 lb strawberries fresh (24)
- 7 oz apricot dried
- 64 crackers whole wheat

1 serving parsley fresh

Equipment

bowl

Directions

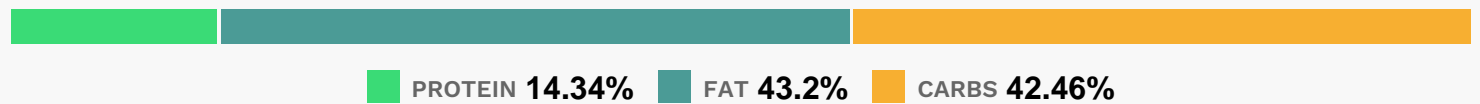
In small serving bowl, mix spread ingredients until blended.

To serve, place cheeses on decorative platter; surround with strawberries, apricots and crackers.

Garnish with parsley sprigs.

Serve with fig spread.

Nutrition Facts



Properties

Glycemic Index:14.58, Glycemic Load:4.23, Inflammation Score:-6, Nutrition Score:10.925652286281%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.26mg, Pelargonidin: 6.26mg, Pelargonidin: 6.26mg, Pelargonidin: 6.26mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 292.63kcal (14.63%), Fat: 14.67g (22.57%), Saturated Fat: 7.18g (44.86%), Carbohydrates: 32.45g (10.82%), Net Carbohydrates: 29.19g (10.61%), Sugar: 18.33g (20.37%), Cholesterol: 36.41mg (12.14%), Sodium: 411.62mg

(17.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.96g (21.92%), Manganese: 0.63mg (31.44%), Vitamin C: 17.42mg (21.11%), Calcium: 205.38mg (20.54%), Phosphorus: 204.52mg (20.45%), Vitamin A: 720.4IU (14.41%), Fiber: 3.26g (13.06%), Vitamin B2: 0.19mg (11.03%), Zinc: 1.62mg (10.78%), Selenium: 7.4µg (10.58%), Copper: 0.2mg (10.18%), Potassium: 345.34mg (9.87%), Vitamin E: 1.43mg (9.5%), Magnesium: 37.3mg (9.33%), Vitamin B12: 0.56µg (9.26%), Vitamin K: 9.55µg (9.09%), Folate: 31.34µg (7.83%), Vitamin B6: 0.15mg (7.51%), Iron: 1.23mg (6.83%), Vitamin B5: 0.61mg (6.08%), Vitamin B3: 1.2mg (5.99%), Vitamin B1: 0.08mg (5.16%), Vitamin D: 0.19µg (1.26%)