



Cheese and Fruit Plate

READY IN



15 min.

SERVINGS



18

CALORIES



294 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 oz apricot preserves
- ☐ 8 oz cheese blue
- ☐ 8 oz round of président brie
- ☐ 7 oz apricot dried
- ☐ 9 oz figs dried chopped (24 medium figs)
- ☐ 8 oz gouda cheese
- ☐ 2.5 oz hazelnuts chopped (filberts) ()
- ☐ 18 servings parsley fresh
- ☐ 1 lb strawberries fresh (24)

☐ 64 crackers whole wheat

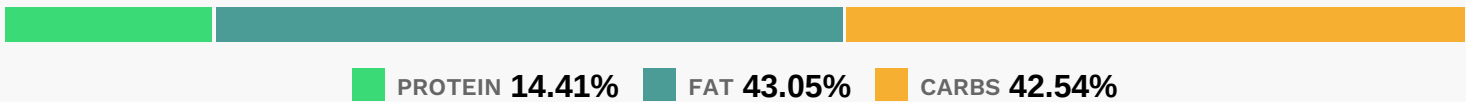
Equipment

☐ 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:4.27, Inflammation Score:-7, Nutrition Score:14.340869561486%

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: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 293.99kcal (14.7%), Fat: 14.7g (22.62%), Saturated Fat: 7.18g (44.89%), Carbohydrates: 32.69g (10.9%), Net Carbohydrates: 29.3g (10.66%), Sugar: 18.36g (20.4%), Cholesterol: 36.41mg (12.14%), Sodium: 413.73mg (17.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.07g (22.15%), Vitamin K: 71.5µg (68.1%), Manganese: 0.63mg (31.74%), Vitamin C: 22.44mg (27.2%), Calcium: 210.59mg (21.06%), Vitamin A: 1038.64IU (20.77%), Phosphorus: 206.72mg (20.67%), Fiber: 3.39g (13.56%), Vitamin B2: 0.19mg (11.25%), Zinc: 1.66mg (11.05%), Selenium: 7.41µg (10.58%), Potassium: 366.27mg (10.46%), Copper: 0.21mg (10.46%), Magnesium: 39.19mg (9.8%), Vitamin E: 1.45mg (9.69%), Folate: 37.08µg (9.27%), Vitamin B12: 0.56µg (9.26%), Iron: 1.46mg (8.13%), Vitamin B6: 0.15mg (7.68%), Vitamin B3: 1.25mg (6.24%), Vitamin B5: 0.62mg (6.23%), Vitamin B1: 0.08mg (5.38%), Vitamin D: 0.19µg (1.26%)