



## Cheese Course

READY IN



15 min.

SERVINGS



12

CALORIES



393 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 loaf ciabatta bread sliced
- 1 cup dates
- 1 cup apricots dried
- 8 figs fresh quartered
- 6 ounces wedge gorgonzola
- 1 cluster grapes green seedless
- 1 cluster grapes red seedless
- 1 tablespoon honey
- 8 ounces wedge fontina

8 ounces wedge parmigiano-reggiano

1 cup walnuts whole shelled toasted

## Equipment

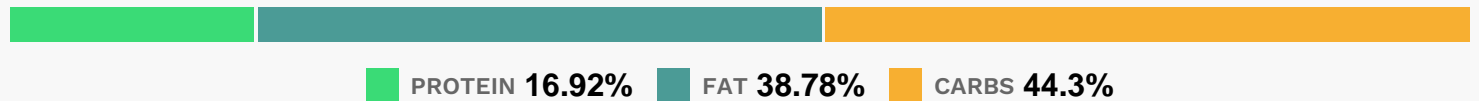
## Directions

Arrange the cheeses together on 1 very large platter, or separately on small platters.

Drizzle the honey around the Gorgonzola cheese. Arrange some of the fresh and dried fruits, nuts, and bread on the large cheese platter. Arrange the rest of the fruit and nuts on another platter.

Serve, allowing guests to compose their own assortment of cheese, fruit, nuts, and bread on their plate.

## Nutrition Facts



## Properties

Glycemic Index:33.06, Glycemic Load:11.13, Inflammation Score:-6, Nutrition Score:10.420434677083%

## Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 6.1mg, Hesperetin: 6.1mg, Hesperetin: 6.1mg, Hesperetin: 6.1mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

## Nutrients (% of daily need)

Calories: 392.71kcal (19.64%), Fat: 17.61g (27.1%), Saturated Fat: 7.51g (46.92%), Carbohydrates: 45.28g (15.09%), Net Carbohydrates: 41.06g (14.93%), Sugar: 21.49g (23.88%), Cholesterol: 34.78mg (11.59%), Sodium: 639.95mg (27.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.29g (34.58%), Calcium: 364.54mg (36.45%), Phosphorus: 253.03mg (25.3%), Manganese: 0.44mg (22.13%), Fiber: 4.21g (16.84%), Vitamin A: 768.74IU (15.37%), Copper: 0.26mg (13.12%), Selenium: 8.21µg (11.74%), Zinc: 1.63mg (10.87%), Potassium: 372.8mg (10.65%), Magnesium: 41.71mg (10.43%), Vitamin B12: 0.54µg (9.07%), Vitamin B2: 0.15mg (8.99%), Vitamin B6: 0.17mg (8.29%), Vitamin C: 5.11mg (6.2%), Iron: 1.11mg (6.19%), Vitamin B1: 0.08mg (5.16%), Vitamin B5: 0.48mg (4.83%), Vitamin E: 0.71mg (4.7%), Folate: 18.61µg (4.65%), Vitamin B3: 0.79mg (3.95%), Vitamin K: 3.52µg (3.35%), Vitamin D: 0.21µg (1.39%)