



Cheese & Fruit Tray

READY IN



15 min.

SERVINGS



30

CALORIES



169 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

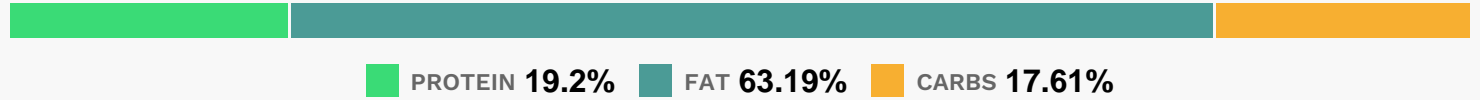
- 1 apples sliced
- 10 oz cracker barrel cheddar cheese white with jalapeño peppers, sliced
- 10 slices cracker cuts colby and monterey jack cheese kraft
- 10 slices cracker barrel cracker cuts extra sharp cheddar cheese
- 2 kiwis sliced
- 1 navel oranges sliced
- 0.3 lb grapes green red seedless
- 60 ritz crackers
- 4 oz swiss cheese sliced kraft ()

Equipment

Directions

Arrange ingredients on tray or wooden board.

Nutrition Facts



Properties

Glycemic Index:7.06, Glycemic Load:1.01, Inflammation Score:-3, Nutrition Score:5.6208695484244%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 169.35kcal (8.47%), Fat: 12g (18.46%), Saturated Fat: 6.51g (40.71%), Carbohydrates: 7.52g (2.51%), Net Carbohydrates: 6.92g (2.52%), Sugar: 2.76g (3.06%), Cholesterol: 31.17mg (10.39%), Sodium: 239.61mg (10.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.2g (16.4%), Calcium: 244.48mg (24.45%), Phosphorus: 171.32mg (17.13%), Selenium: 8.1µg (11.57%), Vitamin C: 7.69mg (9.32%), Vitamin B2: 0.15mg (9.02%), Zinc: 1.2mg (7.97%), Vitamin A: 334.93IU (6.7%), Vitamin K: 6.89µg (6.56%), Vitamin B12: 0.39µg (6.51%), Folate: 13.71µg (3.43%), Vitamin E: 0.5mg (3.35%), Magnesium: 11.94mg (2.98%), Vitamin B1: 0.04mg (2.82%), Fiber: 0.6g (2.41%), Manganese: 0.05mg (2.38%), Iron: 0.42mg (2.31%), Potassium: 69.61mg (1.99%), Vitamin B6: 0.04mg (1.99%), Vitamin B3: 0.37mg (1.84%), Copper: 0.04mg (1.79%), Vitamin B5: 0.16mg (1.64%), Vitamin D: 0.17µg (1.12%)