



Cheese Platter

READY IN



45 min.

SERVINGS



30

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

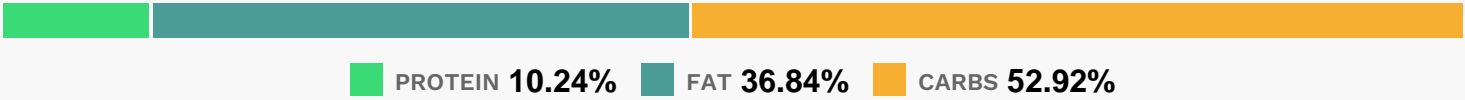
- ☐ 1.3 pounds grafton village cheese company's four star cheddar
- ☐ 30 servings breads and crackers assorted
- ☐ 30 servings grapes pears green red
- ☐ 1.3 pounds cowgirl creamery's hawk blue red
- ☐ 1 pound sally jackson's guernsey
- ☐ 1.3 pounds cowgirl creamery's hawk blue red
- ☐ 1 pound sally jackson's guernsey

Equipment

Directions

- ☐ Cheese tastes best at room temperature, so take your selections out of the refrigerator 2 hours before the party begins. Decorate the platters with the fruit.
- ☐ Serve with the bread and crackers.
- ☐ Note: Offer 3 different types of cheese, and label them so guests don't have to guess what they are eating and will know the name if they want to buy some for themselves.

Nutrition Facts



Properties

Glycemic Index:2.43, Glycemic Load:10.09, Inflammation Score:-3, Nutrition Score:7.7491304563439%

Nutrients (% of daily need)

Calories: 242.77kcal (12.14%), Fat: 10.34g (15.91%), Saturated Fat: 4.57g (28.55%), Carbohydrates: 33.43g (11.14%), Net Carbohydrates: 31.93g (11.61%), Sugar: 20.89g (23.22%), Cholesterol: 18.9mg (6.3%), Sodium: 267.24mg (11.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.47g (12.94%), Vitamin K: 26.85µg (25.57%), Calcium: 170.86mg (17.09%), Phosphorus: 155.44mg (15.54%), Vitamin B2: 0.21mg (12.59%), Vitamin B1: 0.16mg (10.88%), Copper: 0.19mg (9.3%), Manganese: 0.18mg (8.89%), Selenium: 6.21µg (8.87%), Potassium: 274.25mg (7.84%), Iron: 1.2mg (6.66%), Vitamin B6: 0.13mg (6.55%), Vitamin E: 0.94mg (6.26%), Fiber: 1.5g (6.01%), Zinc: 0.88mg (5.86%), Vitamin A: 272.53IU (5.45%), Vitamin B3: 1.03mg (5.14%), Vitamin C: 4.03mg (4.89%), Folate: 18.01µg (4.5%), Magnesium: 16.96mg (4.24%), Vitamin B12: 0.2µg (3.34%), Vitamin B5: 0.2mg (2%)