



Elegant Cheese and Fruit Platter



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz cheddar cheese white
- ☐ 8 oz cheese blue (such as Stilton or Gorgonzola)
- ☐ 8 oz round of président brie
- ☐ 1 large apples red crisp sliced
- ☐ 1 medium pears sliced
- ☐ 2 cups strawberries halved
- ☐ 0.8 lb grapes green seedless cut into small clusters
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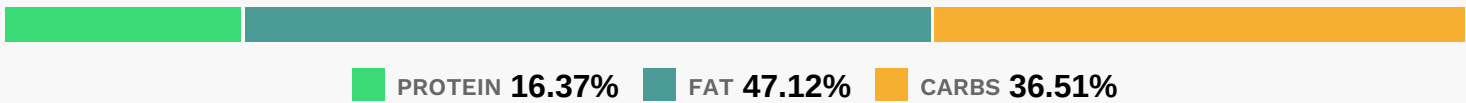
- ☐ 7 oz apricot dried
- ☐ 0.3 cup cranberries dried sweetened
- ☐ 1 sprigs rosemary leaves fresh

Equipment

Directions

- ☐ On large serving platter, arrange cheeses in center. Cover; let stand at room temperature about 30 minutes.
- ☐ Arrange fresh fruit in groups around cheeses.
- ☐ Sprinkle dried apricots and cherries over cheeses and fruit. Tuck rosemary sprigs among fruit.
- ☐ To serve, provide cheese planes for harder cheeses and cheese spreaders for soft cheeses. If desired, serve cheeses and fruit with crackers.

Nutrition Facts



Properties

Glycemic Index:13.13, Glycemic Load:4.85, Inflammation Score:-4, Nutrition Score:5.8317391665085%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 159.76kcal (7.99%), Fat: 8.71g (13.39%), Saturated Fat: 5.25g (32.81%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 13.56g (4.93%), Sugar: 12.12g (13.47%), Cholesterol: 25.99mg (8.66%), Sodium: 231.66mg (10.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Calcium: 144.75mg (14.47%), Phosphorus: 114.05mg (11.41%), Vitamin A: 547.88IU (10.96%), Vitamin C: 8.8mg (10.66%), Vitamin B2: 0.16mg (9.42%), Selenium: 5.69µg (8.13%), Potassium: 233.45mg (6.67%), Fiber: 1.62g (6.48%), Vitamin B12: 0.37µg (6.19%), Zinc: 0.9mg (6.03%), Vitamin K: 5.96µg (5.67%), Manganese: 0.1mg (5.05%), Vitamin B6: 0.09mg (4.64%), Copper: 0.09mg (4.41%), Folate: 16.61µg (4.15%), Vitamin E: 0.62mg (4.11%), Vitamin B5: 0.35mg (3.52%), Magnesium: 13.84mg (3.46%), Iron: 0.49mg (2.74%), Vitamin B1: 0.04mg (2.56%), Vitamin B3: 0.48mg (2.39%), Vitamin D: 0.15µg (1.01%)