



Fruit and Cheese Platter

READY IN



40 min.

SERVINGS



24

CALORIES



252 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 oz cheese blue
- ☐ 8 oz camembert cheese cut cubes plus extra to put on top
- ☐ 8 oz goat cheese fresh chopped
- ☐ 1 pineapple fresh
- ☐ 2 cups watermelon (cantaloupe, honeydew or watermelon)
- ☐ 1.5 lb chocolate chip cookie mix green red (, or purple)
- ☐ 1 leaves parsley fresh

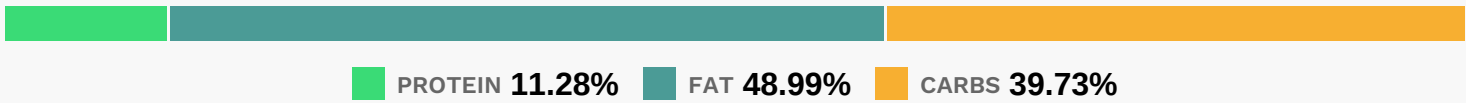
Equipment

☐ cutting board

Directions

- ☐ Choose a large round or rectangular tray, along with a small round cutting board or ceramic tile. Set the cutting board or tile on the tray for the cheese wedges. Allow cheese to stand at room temperature 30 minutes.
- ☐ Quarter the pineapple, cut out the fruit and cut into wedges. Use the rind as a "basket" on the tray for the fruit wedges.
- ☐ Place the melon cubes on the tray on bay leaves. Arrange grape clusters on the tray.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:12.29, Inflammation Score:-4, Nutrition Score:6.7886956489604%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 251.92kcal (12.6%), Fat: 13.9g (21.38%), Saturated Fat: 7.32g (45.73%), Carbohydrates: 25.36g (8.45%), Net Carbohydrates: 23.98g (8.72%), Sugar: 13.86g (15.4%), Cholesterol: 20.51mg (6.84%), Sodium: 325.32mg (14.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.2g (14.4%), Vitamin C: 19.11mg (23.16%), Manganese: 0.37mg (18.42%), Phosphorus: 111.88mg (11.19%), Vitamin B2: 0.18mg (10.82%), Calcium: 105.64mg (10.56%), Vitamin B1: 0.14mg (9.3%), Folate: 36.62µg (9.15%), Vitamin A: 344.66IU (6.89%), Copper: 0.12mg (6.09%), Fiber: 1.37g (5.49%), Vitamin B6: 0.11mg (5.44%), Magnesium: 20.74mg (5.19%), Zinc: 0.76mg (5.09%), Vitamin B3: 0.98mg (4.88%), Vitamin B5: 0.47mg (4.65%), Selenium: 3.09µg (4.42%), Potassium: 151.44mg (4.33%), Vitamin B12: 0.26µg (4.27%), Iron: 0.72mg (4.01%), Vitamin K: 1.55µg (1.47%)