



Instant Italian Cheese Tray

READY IN



10 min.

SERVINGS



8

CALORIES



316 kcal

SIDE DISH

Ingredients

- ☐ 8 servings ciabatta bread sliced
- ☐ 8 oz wedge fontina cheese
- ☐ 2 fuyu persimmons sliced
- ☐ 8 servings warm fennel-olive sauté
- ☐ 0.3 pound pancetta thinly sliced

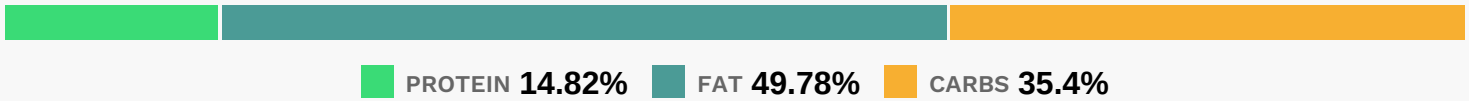
Equipment

- ☐ cutting board

Directions

- ☐ Arrange all ingredients on a large serving platter or cutting board.
- ☐ Party Tip: Fuyu persimmons, which are a beautiful red-orange fruit, are available in October through February. Shaped like a tomato, they have a super-sweet melon-like flavor. Fuyus should be eaten while still firm and crisp versus the Hachiya, another type that should be enjoyed when the fruit is very soft.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:7.15, Inflammation Score:-3, Nutrition Score:6.2586955907552%

Flavonoids

Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 315.85kcal (15.79%), Fat: 17.87g (27.49%), Saturated Fat: 7.85g (49.04%), Carbohydrates: 28.59g (9.53%), Net Carbohydrates: 27.62g (10.04%), Sugar: 0.55g (0.61%), Cholesterol: 42.24mg (14.08%), Sodium: 770.25mg (33.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.97g (23.94%), Vitamin C: 27.72mg (33.6%), Calcium: 178.37mg (17.84%), Phosphorus: 130.22mg (13.02%), Selenium: 7.14µg (10.2%), Vitamin B12: 0.55µg (9.12%), Zinc: 1.17mg (7.78%), Iron: 1.27mg (7.06%), Vitamin A: 342.68IU (6.85%), Vitamin E: 0.9mg (6%), Potassium: 184.81mg (5.28%), Vitamin B2: 0.07mg (4.16%), Fiber: 0.97g (3.87%), Vitamin B6: 0.07mg (3.37%), Vitamin B3: 0.66mg (3.3%), Vitamin B1: 0.05mg (3.29%), Vitamin B5: 0.2mg (2.05%), Magnesium: 7.87mg (1.97%), Copper: 0.04mg (1.85%), Vitamin D: 0.23µg (1.51%)