



The Perfect Cheese Plate

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



328 kcal

SIDE DISH

Ingredients

- ☐ 4 oz round of président brie
- ☐ 4 oz cheddar cheese diced
- ☐ 4 oz cheese blue
- ☐ 0.5 cup golden raisins dried
- ☐ 1 bunch grapes fresh green
- ☐ 4 oz pepper jack cheese diced
- ☐ 0.5 cup walnuts
- ☐ 30 water

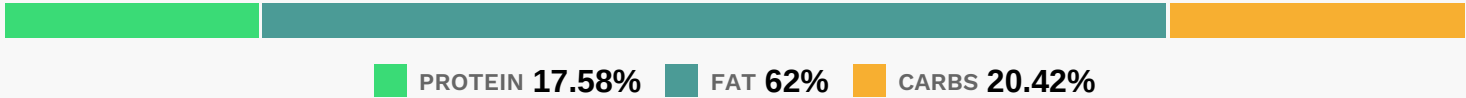
30 keeblor[®] town house toppers[®] wheat crackers thin

Equipment

Directions

- Place cheeses on wooden block or platter. Arrange fruit, walnuts and crackers around cheeses.
- Place small signs indicating the different types of cheeses.
- Serve and enjoy!

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:5.45, Inflammation Score:-4, Nutrition Score:8.9856522342433%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 327.6kcal (16.38%), Fat: 23.14g (35.61%), Saturated Fat: 11.26g (70.35%), Carbohydrates: 17.15g (5.72%), Net Carbohydrates: 15.67g (5.7%), Sugar: 9.2g (10.22%), Cholesterol: 51.6mg (17.2%), Sodium: 490.12mg (21.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.77g (29.54%), Calcium: 327.18mg (32.72%), Phosphorus: 248.23mg (24.82%), Vitamin B2: 0.28mg (16.76%), Selenium: 10.61µg (15.16%), Manganese: 0.3mg (14.89%), Zinc: 1.93mg (12.89%), Vitamin B12: 0.67µg (11.25%), Copper: 0.2mg (9.94%), Vitamin A: 454.96IU (9.1%), Vitamin B6: 0.16mg (8%), Magnesium: 30.33mg (7.58%), Folate: 27.6µg (6.9%), Potassium: 210.17mg (6%), Fiber: 1.47g (5.9%), Vitamin B5: 0.49mg (4.93%), Iron: 0.85mg (4.7%), Vitamin K: 4.17µg (3.98%), Vitamin B1: 0.06mg (3.79%), Vitamin B3: 0.43mg (2.17%), Vitamin D: 0.31µg (2.08%), Vitamin E: 0.3mg (2.03%), Vitamin C: 0.89mg (1.08%)