



The Perfect Cheese Plate

READY IN



15 min.

SERVINGS



8

CALORIES



383 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

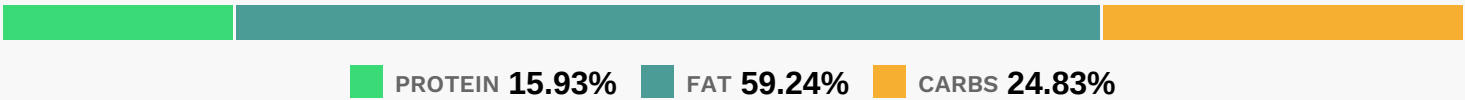
- ☐ 4 oz cheese blue
- ☐ 4 oz round of président brie
- ☐ 4 oz pepper jack cheese diced
- ☐ 4 oz cheddar cheese diced
- ☐ 1 bunch grapes fresh green
- ☐ 0.5 cup golden raisins dried
- ☐ 0.5 cup walnuts
- ☐ 30 round buttery crackers
- ☐ 30 keebler® town house toppers® wheat crackers thin

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:10.376521696215%

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: 382.95kcal (19.15%), Fat: 25.75g (39.62%), Saturated Fat: 11.87g (74.18%), Carbohydrates: 24.29g (8.1%), Net Carbohydrates: 22.56g (8.2%), Sugar: 10.12g (11.24%), Cholesterol: 51.6mg (17.2%), Sodium: 585.59mg (25.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.58g (31.17%), Calcium: 342.25mg (34.23%), Phosphorus: 278.95mg (27.89%), Vitamin B2: 0.31mg (18.52%), Manganese: 0.36mg (17.93%), Selenium: 11.13µg (15.9%), Zinc: 1.99mg (13.3%), Vitamin B12: 0.67µg (11.25%), Copper: 0.2mg (10.03%), Vitamin K: 9.8µg (9.33%), Vitamin A: 454.96IU (9.1%), Folate: 35.7µg (8.92%), Vitamin B6: 0.17mg (8.33%), Magnesium: 31.72mg (7.93%), Iron: 1.35mg (7.5%), Vitamin B1: 0.11mg (7.1%), Fiber: 1.73g (6.93%), Potassium: 223.55mg (6.39%), Vitamin B5: 0.54mg (5.35%), Vitamin B3: 0.98mg (4.92%), Vitamin E: 0.7mg (4.65%), Vitamin D: 0.31µg (2.08%), Vitamin C: 0.89mg (1.08%)