

**Menu Label Report: Charcuterie Cheese Flights**

1/11/2021

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	Prot (g)	Carb (g)	TotFib (g)	Sugar (g)	Fat (g)	SatFat (g)	TransFat (g)	Chol (mg)	Sod (mg)	Vit A (IU)	Vit C (mg)	Vit D (mcg)	Calc (mg)	Iron (mg)
Amazing Alpines	0.5	Container	109	400	18	42	2	18	17	10	0	50	410	42	1.5	0.3	492	2
English Tour	0.5	Container	113	480	21	35	1	12	28	13	1	55	630	42	1.5	0.17	450	2
Goaty Goodness	0.5	Container	141	550	23	49	1	23	28	14	0	60	500	42	1.5	0	325	3
Good Goudas	0.5	Container	106	450	22	30	0	6	27	13	0	50	670	--	--	0.17	478	2
Iowa Pride	0.5	Container	113	470	20	39	1	12	25	11	0	50	670	42	1.5	0	353	2
Simply Sartori	0.5	Container	113	490	22	35	1	12	28	12	0.5	55	610	42	1.5	0.32	556	2
Spanish Sensation	0.5	Container	113	490	20	37	1	12	30	15	0	45	610	42	1.5	0	429	2
Sweet & Sumptuous	0.5	Container	113	430	17	42	1	18	25	11	0.5	40	620	42	1.5	0.78	249	3

All containers serve 2

Pot (mg)
80
180
200
170
190
190
180
200