



June 4- Cheese and Dates – Happy Cheese Day!

Not Smart Snack

Link: No link, general recipe

Recipe

Ingredients:

1 cheese stick

3 dates

Yield 1 serving

This light snack is packed with protein and carbohydrates!
Enjoy this easy treat as an afternoon snack.

Nutrition Facts

Serving Size 1 serving (45g)

Servings Per Container 1

Amount Per Serving

Calories 120 **Calories from Fat** 25

% Daily Value*

Total Fat 2.5g **4%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 160mg **7%**

Total Carbohydrate 19g **6%**

Dietary Fiber 2g **7%**

Sugars 16g

Protein 7g **13%**

Vitamin A 4% • Vitamin C 0%

Calcium 15% • Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.