



Cottage Cheese and Fruit

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



130 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup curd cottage cheese
- ☐ 1 serving peach puree or peeled mashed
- ☐ 1 serving pear puree or ripe peeled mashed

Equipment

- ☐ food processor
- ☐ bowl

Directions

☐ Combine all ingredients in a small bowl, stirring well. For a smoother texture, place all ingredients in a food processor, and process until desired consistency.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:6.77, Inflammation Score:-4, Nutrition Score:5.403478284245%

Flavonoids

Cyanidin: 3.15mg, Cyanidin: 3.15mg, Cyanidin: 3.15mg, Cyanidin: 3.15mg Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg, Catechin: 3.91mg Epigallocatechin: 1.27mg, Epigallocatechin: 1.27mg, Epigallocatechin: 1.27mg, Epigallocatechin: 1.27mg Epicatechin: 4.88mg, Epicatechin: 4.88mg, Epicatechin: 4.88mg, Epicatechin: 4.88mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg, Quercetin: 1.19mg

Nutrients (% of daily need)

Calories: 130.26kcal (6.51%), Fat: 2.58g (3.96%), Saturated Fat: 0.94g (5.85%), Carbohydrates: 21.97g (7.32%), Net Carbohydrates: 18.27g (6.64%), Sugar: 15.79g (17.54%), Cholesterol: 8.93mg (2.97%), Sodium: 175.96mg (7.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Fiber: 3.7g (14.79%), Phosphorus: 109.93mg (10.99%), Selenium: 6.75µg (9.64%), Vitamin C: 6.64mg (8.05%), Vitamin B2: 0.13mg (7.67%), Copper: 0.14mg (7.09%), Potassium: 242.38mg (6.93%), Vitamin A: 338.75IU (6.78%), Vitamin K: 5.9µg (5.62%), Calcium: 54.04mg (5.4%), Vitamin E: 0.69mg (4.59%), Vitamin B5: 0.45mg (4.48%), Manganese: 0.09mg (4.33%), Folate: 16.61µg (4.15%), Magnesium: 16.01mg (4%), Vitamin B3: 0.79mg (3.95%), Vitamin B12: 0.23µg (3.76%), Vitamin B6: 0.07mg (3.35%), Zinc: 0.47mg (3.1%), Vitamin B1: 0.04mg (2.81%), Iron: 0.44mg (2.45%)