



Cottage Cheese Apple Dippers

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



110 kcal

SIDE DISH

Ingredients

- 2 apples sliced
- 1 cup knudsen milkfat cottage cheese 2% low fat
- 0.1 tsp ground cinnamon
- 2 Tbsp raisins

Equipment

Directions

Mix cottage cheese, raisins and cinnamon.

Serve as a dip with the apple slices.

Nutrition Facts

PROTEIN 25.43% **FAT 5.95%** **CARBS 68.62%**

Properties

Glycemic Index:23.95, Glycemic Load:6.48, Inflammation Score:-2, Nutrition Score:3.7665217596552%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 110.4kcal (5.52%), Fat: 0.77g (1.19%), Saturated Fat: 0.4g (2.52%), Carbohydrates: 20.05g (6.68%), Net Carbohydrates: 17.31g (6.29%), Sugar: 11g (12.23%), Cholesterol: 2.26mg (0.75%), Sodium: 232.41mg (10.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.43g (14.86%), Fiber: 2.74g (10.95%), Phosphorus: 91.4mg (9.14%), Vitamin B2: 0.13mg (7.68%), Selenium: 5.13µg (7.33%), Potassium: 208.19mg (5.95%), Vitamin B12: 0.36µg (5.93%), Vitamin C: 4.59mg (5.57%), Vitamin B6: 0.09mg (4.5%), Calcium: 42.84mg (4.28%), Manganese: 0.07mg (3.39%), Copper: 0.06mg (3.17%), Folate: 9.74µg (2.43%), Magnesium: 9.67mg (2.42%), Vitamin B1: 0.04mg (2.38%), Iron: 0.39mg (2.16%), Vitamin K: 2.08µg (1.98%), Vitamin B5: 0.18mg (1.81%), Zinc: 0.27mg (1.77%), Vitamin A: 72.54IU (1.45%), Vitamin B3: 0.24mg (1.2%), Vitamin E: 0.17mg (1.14%)