



Cottage Cheese Fluff

 Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



177 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.6 ounce jell-o® mix lemon flavored sugar-free
- 3 cups curd cottage cheese low-fat
- 8 ounce lite whipped topping frozen thawed

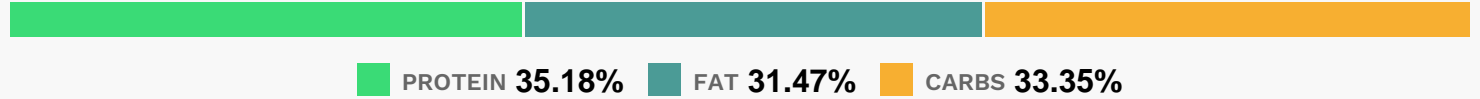
Equipment

- food processor
- whisk

Directions

- Place the cottage cheese in a food processor and blend until creamy.
- Whisk in the flavored gelatin powder, then fold in the thawed whipped topping. Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:4.3452173989752%

Nutrients (% of daily need)

Calories: 176.83kcal (8.84%), Fat: 6.1g (9.39%), Saturated Fat: 5g (31.25%), Carbohydrates: 14.56g (4.85%), Net Carbohydrates: 14.56g (5.29%), Sugar: 14.43g (16.04%), Cholesterol: 5.28mg (1.76%), Sodium: 499.21mg (21.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.36g (30.71%), Phosphorus: 183.39mg (18.34%), Selenium: 11.27µg (16.1%), Vitamin B12: 0.79µg (13.12%), Vitamin B2: 0.22mg (13.04%), Calcium: 95.85mg (9.59%), Vitamin B6: 0.08mg (4.22%), Potassium: 135.56mg (3.87%), Folate: 14.78µg (3.69%), Zinc: 0.47mg (3.12%), Vitamin B5: 0.24mg (2.43%), Vitamin B1: 0.03mg (2.09%), Magnesium: 8.35mg (2.09%), Copper: 0.04mg (1.94%), Vitamin A: 74.3IU (1.49%), Vitamin E: 0.2mg (1.34%), Vitamin K: 1.32µg (1.26%), Iron: 0.2mg (1.11%)