



 **57%**
HEALTH SCORE

Cottage Cheese Loaf I

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



761 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 cups oatmeal cornflakes crushed
- 1 eggs
- 16 ounce cottage cheese low-fat
- 1 cup milk
- 1 tablespoon olive oil
- 1 onion chopped
- 0.3 teaspoon salt
- 0.3 cup vegetable oil

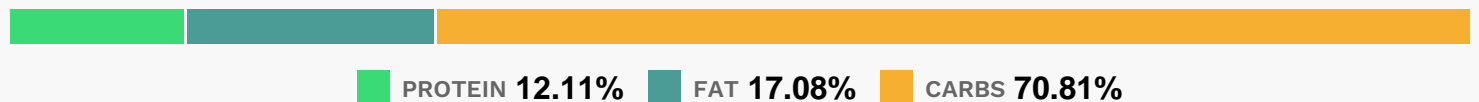
Equipment

- bowl
- frying pan
- oven
- knife

Directions

- Preheat oven to 350 degrees F (175 degrees C). Coat a 9x9 inch cooking dish with cooking spray.
- Heat 1 tablespoon oil in medium skillet.
- Saute the onion until soft and translucent.
- In a large bowl combine cottage cheese, cornflake crumbs, egg, oil and sauteed onion. Gradually stir in the milk to moisten. You might only need 1/2 cup of the milk, the mixture should be moist but not soupy.
- Spread the cottage cheese mixture into the prepared pan and bake at 350 degrees F (175 degrees C) for 30 to 40 minutes or until bubbly and a knife inserted in the center comes out clean.

Nutrition Facts



Properties

Glycemic Index:10.83, Glycemic Load:1.1, Inflammation Score:-10, Nutrition Score:45.77695668262%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 760.65kcal (38.03%), Fat: 14.84g (22.82%), Saturated Fat: 3.37g (21.07%), Carbohydrates: 138.37g (46.12%), Net Carbohydrates: 132.85g (48.31%), Sugar: 19.8g (22%), Cholesterol: 35.18mg (11.73%), Sodium:

1580.29mg (68.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.66g (47.31%), Iron: 45.87mg (254.84%), Vitamin B2: 2.62mg (153.93%), Vitamin B6: 2.93mg (146.7%), Folate: 579.08µg (144.77%), Vitamin B1: 2.16mg (144.24%), Vitamin B12: 8.65µg (144.12%), Vitamin B3: 28.4mg (142%), Vitamin A: 2953.82IU (59.08%), Vitamin D: 6.27µg (41.81%), Vitamin C: 34.48mg (41.79%), Selenium: 23.01µg (32.87%), Phosphorus: 323.09mg (32.31%), Fiber: 5.52g (22.07%), Magnesium: 72.89mg (18.22%), Vitamin K: 18.4µg (17.53%), Copper: 0.35mg (17.32%), Manganese: 0.29mg (14.74%), Zinc: 2.16mg (14.38%), Potassium: 427.92mg (12.23%), Calcium: 112.43mg (11.24%), Vitamin E: 1.38mg (9.18%), Vitamin B5: 0.81mg (8.1%)