



Cottage Cheese Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



138 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 16 ounce curd cottage cheese drained
- 2 medium cucumber diced peeled
- 4 spring onion chopped
- 4 roma tomatoes chopped (plum)
- 4 servings salt and pepper to taste

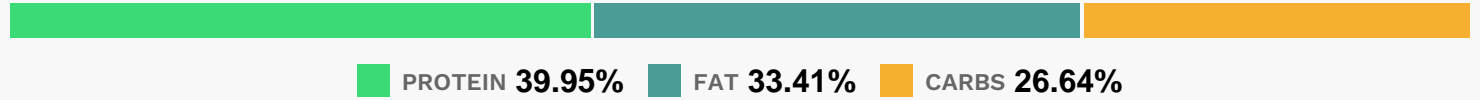
Equipment

- bowl

Directions

- In a medium bowl, stir together the cottage cheese, tomatoes, green onions, and cucumbers. Season with salt and pepper to taste. Chill until serving.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:2.07, Inflammation Score:-7, Nutrition Score:10.218695630198%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 138.19kcal (6.91%), Fat: 5.18g (7.97%), Saturated Fat: 1.98g (12.4%), Carbohydrates: 9.3g (3.1%), Net Carbohydrates: 7.54g (2.74%), Sugar: 6.32g (7.03%), Cholesterol: 19.28mg (6.43%), Sodium: 558.02mg (24.26%), Alcohol: 0g (100%), Protein: 13.95g (27.89%), Vitamin K: 36.97µg (35.21%), Phosphorus: 220.73mg (22.07%), Vitamin A: 867.22IU (17.34%), Vitamin C: 13.97mg (16.93%), Selenium: 11.17µg (15.96%), Vitamin B2: 0.23mg (13.61%), Potassium: 434.71mg (12.42%), Calcium: 123.15mg (12.32%), Folate: 44.66µg (11.16%), Vitamin B5: 0.94mg (9.37%), Manganese: 0.17mg (8.3%), Vitamin B12: 0.49µg (8.13%), Vitamin B6: 0.16mg (8.02%), Magnesium: 30.36mg (7.59%), Copper: 0.15mg (7.55%), Fiber: 1.76g (7.04%), Vitamin B1: 0.09mg (6.09%), Zinc: 0.78mg (5.18%), Iron: 0.65mg (3.6%), Vitamin E: 0.52mg (3.48%), Vitamin B3: 0.58mg (2.9%)