



Cottage Cheese Salad with Feta Cheese and Nuts

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



174 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

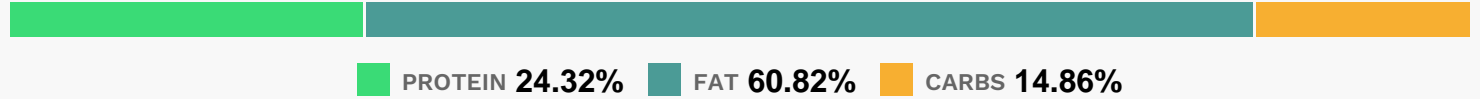
- 0.3 cup balsamic vinaigrette dressing kraft
- 1 cup knudsen milkfat cottage cheese 2% low fat
- 0.5 cup pepper strips red
- 0.3 cup athenos reduced fat feta cheese crumbled
- 4 cups torn mesclun salad greens
- 0.3 cup planters walnut pieces toasted

Equipment

Directions

- Arrange greens on salad plates. Top each salad with 1/4 cup cottage cheese, 1 Tbsp. feta cheese, 2 Tbsp. red pepper and 1 Tbsp. walnuts.
- Drizzle each salad with 1 Tbsp. dressing.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.34, Inflammation Score:-7, Nutrition Score:7.6930433097093%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 173.92kcal (8.7%), Fat: 12.01g (18.47%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 6.6g (2.2%), Net Carbohydrates: 5.72g (2.08%), Sugar: 3.34g (3.71%), Cholesterol: 7.28mg (2.43%), Sodium: 457.14mg (19.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.81g (21.61%), Vitamin C: 33.22mg (40.26%), Vitamin A: 1062.18IU (21.24%), Manganese: 0.33mg (16.55%), Phosphorus: 121.45mg (12.15%), Folate: 37.31µg (9.33%), Vitamin B2: 0.14mg (8.24%), Vitamin B6: 0.16mg (8.19%), Selenium: 5.62µg (8.03%), Copper: 0.16mg (7.76%), Vitamin B12: 0.36µg (5.93%), Potassium: 188.94mg (5.4%), Magnesium: 21.01mg (5.25%), Calcium: 49.61mg (4.96%), Vitamin B1: 0.06mg (3.92%), Zinc: 0.57mg (3.81%), Fiber: 0.88g (3.52%), Iron: 0.62mg (3.47%), Vitamin B3: 0.56mg (2.78%), Vitamin B5: 0.27mg (2.7%), Vitamin E: 0.35mg (2.34%), Vitamin K: 1.17µg (1.11%)