



## Cottage Cheese & Turkey English Muffin

READY IN



10 min.

SERVINGS



10

CALORIES



47 kcal

### Ingredients

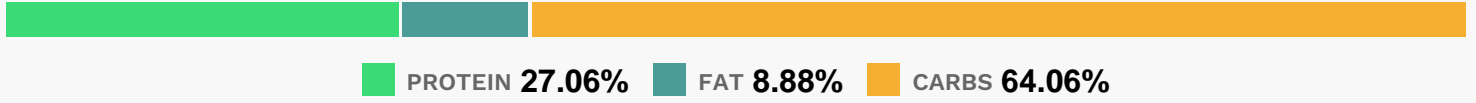
- 0.5 cup knudsen milkfat cottage cheese 2% low fat
- 6 slices oscar mayer deli turkey breast smoked fresh
- 1 tsp freeze-dried chives chopped
- 1 muffin english toasted halved
- 10 servings bell pepper to taste
- 2 tomatoes (1/)

### Equipment

### Directions

- Top each muffin half with 3 turkey slices, 1 tomato slice and 1/4 cup cottage cheese.
- Sprinkle evenly with black pepper and chives.

## Nutrition Facts



### Properties

Glycemic Index:14.5, Glycemic Load:2.84, Inflammation Score:-9, Nutrition Score:10.736087037169%

### Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

### Nutrients (% of daily need)

Calories: 47.44kcal (2.37%), Fat: 0.5g (0.77%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 8.16g (2.72%), Net Carbohydrates: 6.25g (2.27%), Sugar: 3.66g (4.07%), Cholesterol: 1.99mg (0.66%), Sodium: 133.14mg (5.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Vitamin C: 99.36mg (120.43%), Vitamin A: 2718.85IU (54.38%), Vitamin B6: 0.24mg (12.05%), Folate: 39.08µg (9.77%), Vitamin E: 1.21mg (8.05%), Fiber: 1.91g (7.65%), Potassium: 211.61mg (6.05%), Manganese: 0.12mg (5.85%), Vitamin B2: 0.1mg (5.83%), Phosphorus: 57.08mg (5.71%), Vitamin B3: 0.89mg (4.47%), Vitamin B1: 0.06mg (3.96%), Magnesium: 15.75mg (3.94%), Vitamin K: 4.09µg (3.89%), Iron: 0.55mg (3.07%), Vitamin B5: 0.3mg (3.01%), Zinc: 0.34mg (2.3%), Copper: 0.04mg (2.09%), Calcium: 20.15mg (2.01%), Selenium: 1.14µg (1.63%), Vitamin B12: 0.07µg (1.22%)