



## Cottage Cheese with an Attitude

 Vegetarian

READY IN



5 min.

SERVINGS



5

CALORIES



86 kcal

SIDE DISH

### Ingredients

- 0.5 cup knudsen milkfat cottage cheese 2% low fat
- 2 slices bread french toasted
- 0.1 tsp garlic powder

### Equipment

### Directions

- Spoon cottage cheese onto toast slices.

Sprinkle with garlic powder.

## Nutrition Facts



## Properties

Glycemic Index:17.1, Glycemic Load:10.24, Inflammation Score:-1, Nutrition Score:3.8156522305115%

## Nutrients (% of daily need)

Calories: 86.16kcal (4.31%), Fat: 0.85g (1.31%), Saturated Fat: 0.28g (1.76%), Carbohydrates: 13.96g (4.65%), Net Carbohydrates: 13.39g (4.87%), Sugar: 1.8g (2%), Cholesterol: 0.9mg (0.3%), Sodium: 245.91mg (10.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.58g (11.16%), Selenium: 9.37µg (13.39%), Vitamin B1: 0.19mg (12.46%), Vitamin B2: 0.15mg (8.63%), Folate: 34.24µg (8.56%), Manganese: 0.14mg (6.78%), Vitamin B3: 1.26mg (6.32%), Iron: 1.04mg (5.76%), Phosphorus: 57.48mg (5.75%), Calcium: 27.16mg (2.72%), Vitamin B12: 0.14µg (2.37%), Zinc: 0.35mg (2.36%), Magnesium: 9.38mg (2.35%), Copper: 0.05mg (2.28%), Fiber: 0.57g (2.28%), Vitamin B6: 0.04mg (2.2%), Potassium: 50.31mg (1.44%), Vitamin B5: 0.13mg (1.35%)