



Cottage Fruit Salad



Vegetarian



Gluten Free

READY IN



35 min.

SERVINGS



6

CALORIES



249 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups nonfat cottage cheese fat-free
- ☐ 0.7 cup strawberry yogurt fat free 99% yoplait® (from 2-lb container)
- ☐ 0.3 cup pecans toasted chopped
- ☐ 1 serving romaine leaves
- ☐ 6 cups fruit fresh (peaches, nectarines, pears, bananas, pineapple, raspberries, strawberries and/or blueberries)

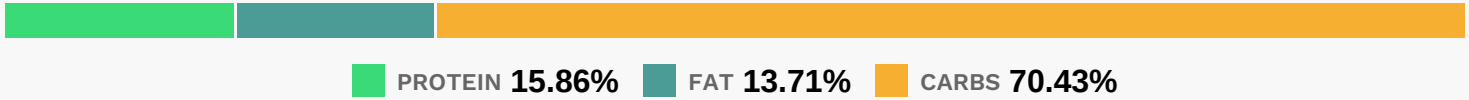
Equipment

- ☐ bowl

Directions

- ☐ In medium bowl, stir together cottage cheese and yogurt. Stir in pecans.
- ☐ To assemble, line 6 individual plates with lettuce. Arrange 1 cup of the fruit onto each lettuce-lined plate. Spoon 1/2 cup cottage cheese mixture over fruit on each plate.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:1.67, Glycemic Load:0.02, Inflammation Score:-6, Nutrition Score:8.7756520898446%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 249.08kcal (12.45%), Fat: 3.97g (6.11%), Saturated Fat: 0.57g (3.55%), Carbohydrates: 45.91g (15.3%), Net Carbohydrates: 41.56g (15.11%), Sugar: 32.96g (36.62%), Cholesterol: 7.72mg (2.57%), Sodium: 308.18mg (13.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.34g (20.68%), Phosphorus: 206.55mg (20.65%), Vitamin A: 1028.91IU (20.58%), Fiber: 4.35g (17.4%), Vitamin B2: 0.29mg (16.83%), Manganese: 0.3mg (14.85%), Copper: 0.25mg (12.74%), Potassium: 388.7mg (11.11%), Calcium: 110.66mg (11.07%), Vitamin K: 11.06µg (10.53%), Selenium: 7.28µg (10.4%), Vitamin B12: 0.49µg (8.13%), Vitamin C: 5.98mg (7.25%), Magnesium: 26.15mg (6.54%), Iron: 1.03mg (5.74%), Vitamin B3: 1.11mg (5.53%), Vitamin B1: 0.08mg (5.32%), Zinc: 0.78mg (5.21%), Vitamin B5: 0.47mg (4.72%), Folate: 14.04µg (3.51%), Vitamin B6: 0.06mg (3.18%)