



## Grab & Go Cottage Crunch

 Vegetarian  Very Healthy

READY IN



5 min.

SERVINGS



1

CALORIES



176 kcal

### Ingredients

- 0.5 cup knudsen milkfat cottage cheese 2% low fat
- 0.5 cup peaches (canned packed in juice) drained
- 0.5 cup wheat and barley cereal flakes

### Equipment

### Directions

- Place peaches on small plate.
- Top with cottage cheese and cereal.

# Nutrition Facts

PROTEIN 35.31% FAT 8.76% CARBS 55.93%

## Properties

Glycemic Index:40.25, Glycemic Load:2.67, Inflammation Score:-9, Nutrition Score:40.426521778107%

## Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

## Nutrients (% of daily need)

Calories: 175.83kcal (8.79%), Fat: 1.84g (2.82%), Saturated Fat: 0.82g (5.12%), Carbohydrates: 26.35g (8.78%), Net Carbohydrates: 21.91g (7.97%), Sugar: 13.11g (14.56%), Cholesterol: 4.52mg (1.51%), Sodium: 605.21mg (26.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.64g (33.28%), Vitamin B12: 4.7µg (78.36%), Vitamin B2: 1.32mg (77.87%), Vitamin B6: 1.41mg (70.35%), Folate: 280.38µg (70.1%), Zinc: 10.43mg (69.53%), Vitamin B3: 13.88mg (69.38%), Vitamin B5: 6.92mg (69.16%), Vitamin B1: 1.02mg (68.3%), Iron: 12.22mg (67.88%), Vitamin E: 9.39mg (62.6%), Manganese: 1.06mg (52.84%), Vitamin C: 42.49mg (51.5%), Phosphorus: 266.59mg (26.66%), Selenium: 13.78µg (19.69%), Fiber: 4.44g (17.77%), Vitamin A: 788.69IU (15.77%), Magnesium: 38.03mg (9.51%), Copper: 0.19mg (9.34%), Potassium: 289.54mg (8.27%), Calcium: 79.42mg (7.94%), Vitamin D: 0.67µg (4.43%), Vitamin K: 2.69µg (2.56%)