



Italian Cottage Dip

 Vegetarian  Gluten Free

READY IN



190 min.

SERVINGS



10

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 16 oz knudsen milkfat cottage cheese 2% low fat
- 2 Tbsp milk
- 0.7 oz env. seasons dressing mix italian good

Equipment

- bowl
- blender

Directions

- Blend cottage cheese and milk in blender until smooth.
- Spoon into medium bowl. Stir in dressing mix.
- Refrigerate several hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:3.8, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:1.5313043673725%

Nutrients (% of daily need)

Calories: 39.98kcal (2%), Fat: 0.56g (0.86%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 2.48g (0.83%), Net Carbohydrates: 2.48g (0.9%), Sugar: 1.38g (1.53%), Cholesterol: 2.17mg (0.72%), Sodium: 334.13mg (14.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.72g (11.44%), Phosphorus: 63.81mg (6.38%), Selenium: 4.14µg (5.91%), Vitamin B12: 0.3µg (5.03%), Vitamin B2: 0.08mg (4.65%), Calcium: 31.36mg (3.14%), Vitamin B6: 0.03mg (1.63%), Folate: 5.44µg (1.36%), Potassium: 43.51mg (1.24%), Zinc: 0.18mg (1.23%), Vitamin B5: 0.11mg (1.09%)