



HEALTH SCORE

52%

Open cottage cheese & pepper sandwich



Vegetarian

READY IN



10 min.

SERVINGS



1

CALORIES



295 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 140 g curd cottage cheese
- ☐ 0.5 bell pepper red thinly sliced
- ☐ 3 leaves basil torn
- ☐ 2 slices wholemeal bread

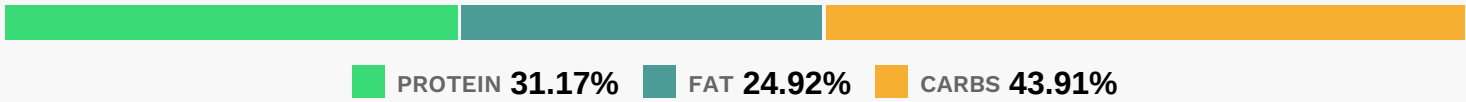
Equipment

- ☐ bowl

Directions

- ☐ Layer the cottage cheese, red pepper and basil with some seasoning in a bowl or plastic container. Chill until lunchtime.
- ☐ Toast the bread and cool for 1 min, then give the cottage cheese mixture a quick mix and spoon on.
- ☐ Drizzle with balsamic vinegar, if you like, and eat straight away.

Nutrition Facts



Properties

Glycemic Index:198.7, Glycemic Load:16.52, Inflammation Score:-9, Nutrition Score:22.28695664976%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 295.26kcal (14.76%), Fat: 8.2g (12.61%), Saturated Fat: 2.85g (17.84%), Carbohydrates: 32.5g (10.83%), Net Carbohydrates: 27.86g (10.13%), Sugar: 8.71g (9.68%), Cholesterol: 23.8mg (7.93%), Sodium: 695.44mg (30.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.06g (46.13%), Vitamin C: 76.43mg (92.64%), Manganese: 1.28mg (64.11%), Vitamin A: 2139.75IU (42.79%), Selenium: 28.09µg (40.13%), Phosphorus: 357.63mg (35.76%), Vitamin B2: 0.37mg (21.93%), Calcium: 214.3mg (21.43%), Vitamin B1: 0.29mg (19.29%), Fiber: 4.63g (18.53%), Vitamin B6: 0.36mg (18.04%), Folate: 68.71µg (17.18%), Vitamin B3: 3.22mg (16.08%), Magnesium: 62.42mg (15.6%), Vitamin B5: 1.36mg (13.56%), Vitamin K: 13.51µg (12.87%), Potassium: 415.57mg (11.87%), Zinc: 1.71mg (11.38%), Iron: 1.84mg (10.19%), Vitamin B12: 0.6µg (10.03%), Copper: 0.18mg (9.15%), Vitamin E: 1.37mg (9.11%)