



## Toast with Walnut & Pear Breakfast Spread

 Vegetarian

READY IN



5 min.

SERVINGS



1

CALORIES



618 kcal

### Ingredients

- 0.5 cup curd cottage cheese low-fat, low-sodium
- 1 pears chopped
- 2 slices sourdough bread toasted
- 1 tablespoon walnuts chopped

### Equipment

- food processor
- bowl
- blender

## Directions

- Place cottage cheese in a blender or food processor; process until smooth.
- Transfer to a small bowl.
- Stir pear and walnuts into cottage cheese.
- Spread cottage cheese mixture on toast.

## Nutrition Facts

**PROTEIN 17.45%** **FAT 20.43%** **CARBS 62.12%**

## Properties

Glycemic Index:164.25, Glycemic Load:60.22, Inflammation Score:-7, Nutrition Score:24.928695790146%

## Flavonoids

Cyanidin: 3.94mg, Cyanidin: 3.94mg, Cyanidin: 3.94mg, Cyanidin: 3.94mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

## Nutrients (% of daily need)

Calories: 617.92kcal (30.9%), Fat: 14.38g (22.13%), Saturated Fat: 3.14g (19.6%), Carbohydrates: 98.41g (32.8%), Net Carbohydrates: 89.4g (32.51%), Sugar: 26.33g (29.26%), Cholesterol: 17.85mg (5.95%), Sodium: 1103.29mg (47.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.64g (55.28%), Selenium: 47.46µg (67.8%), Vitamin B1: 0.99mg (66.17%), Manganese: 1.1mg (54.98%), Folate: 192.3µg (48.08%), Vitamin B2: 0.78mg (45.82%), Fiber: 9g (36.02%), Phosphorus: 357.31mg (35.73%), Vitamin B3: 6.67mg (33.36%), Iron: 5.69mg (31.61%), Copper: 0.53mg (26.5%), Magnesium: 77.62mg (19.41%), Calcium: 179.53mg (17.95%), Zinc: 2.24mg (14.92%), Potassium: 509.54mg (14.56%), Vitamin B6: 0.29mg (14.53%), Vitamin B5: 1.16mg (11.57%), Vitamin C: 7.78mg (9.44%), Vitamin K: 9µg (8.57%), Vitamin B12: 0.45µg (7.53%), Vitamin E: 0.64mg (4.24%), Vitamin A: 193.5IU (3.87%)