



WHATSheATE



Winter Cottage Fruit Salad



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



366 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

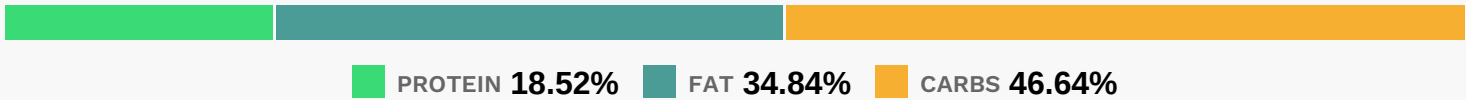
- ☐ 12 boston lettuce leaves
- ☐ 16 ounces curd cottage cheese reduced-fat
- ☐ 0.3 cup maraschino cherries
- ☐ 0.5 package cream cheese softened reduced-fat (8-ounce size) (Neufchâtel)
- ☐ 15 ounces peaches chilled drained sliced canned
- ☐ 15 ounces pears chilled drained sliced canned
- ☐ 0.3 cup pecans chopped
- ☐ 1 cup raspberries fresh

Equipment

Directions

- ☐ Divide lettuce among 4 plates. Top with peaches, pears and raspberries.
- ☐ Add 1/2-cup scoop cottage cheese in center of each salad.
- ☐ Mix cream cheese and cherry juice until smooth; drizzle over salads.
- ☐ Sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:35, Glycemic Load:9.89, Inflammation Score:-9, Nutrition Score:18.757826012114%

Flavonoids

Cyanidin: 18.69mg, Cyanidin: 18.69mg, Cyanidin: 18.69mg, Cyanidin: 18.69mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg, Delphinidin: 0.89mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 6.4mg, Catechin: 6.4mg, Catechin: 6.4mg, Catechin: 6.4mg Epigallocatechin: 2.25mg, Epigallocatechin: 2.25mg, Epigallocatechin: 2.25mg, Epigallocatechin: 2.25mg Epicatechin: 7.6mg, Epicatechin: 7.6mg, Epicatechin: 7.6mg, Epicatechin: 7.6mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg, Quercetin: 3.14mg

Nutrients (% of daily need)

Calories: 366.08kcal (18.3%), Fat: 14.86g (22.87%), Saturated Fat: 5.01g (31.31%), Carbohydrates: 44.76g (14.92%), Net Carbohydrates: 36.29g (13.2%), Sugar: 31.71g (35.24%), Cholesterol: 34.53mg (11.51%), Sodium: 476.65mg (20.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.78g (35.56%), Vitamin K: 57.01µg (54.3%), Vitamin A: 2198.62IU (43.97%), Manganese: 0.71mg (35.56%), Fiber: 8.46g (33.85%), Phosphorus: 302.25mg (30.23%), Vitamin C: 18.53mg (22.46%), Selenium: 15.09µg (21.55%), Vitamin B2: 0.35mg (20.34%), Calcium: 185.75mg (18.58%), Folate: 73.44µg (18.36%), Potassium: 624.17mg (17.83%), Copper: 0.35mg (17.46%), Vitamin B5: 1.32mg

(13.18%), Vitamin B12: 0.75µg (12.46%), Magnesium: 48.56mg (12.14%), Vitamin B1: 0.16mg (10.69%), Zinc: 1.53mg (10.19%), Vitamin E: 1.52mg (10.1%), Vitamin B6: 0.19mg (9.54%), Iron: 1.68mg (9.34%), Vitamin B3: 1.6mg (7.98%), Vitamin D: 0.2µg (1.32%)