



Healthdor

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Cottage Cheese Salad ♦♦

A refreshing and healthy salad made with cottage cheese, vegetables, and herbs.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 250 grams

Number of Servings: 2

Serving Size: 125 g

Ingredients

200 g	cottage cheese
100 g	cucumber
100 g	Tomato
50 g	red onion
10 g	fresh dill
2 tsp	lemon juice
1 tsp	olive oil

0.5 tsp salt

0.25
tsp black pepper

Directions

Step 1

Cut

Dice the cucumber, tomato, and red onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

Chop the fresh dill.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

In a bowl, combine the cottage cheese, diced vegetables, chopped dill, lemon juice, olive oil, salt, and black pepper. Mix well.

Prep Time: 3 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 15 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	6 g	N/A	N/A
Lactose	5 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	10 mcg	66.67%	66.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	20 mg	2%	2%
Iron	6 mg	75%	33.33%
Potassium	250 mg	7.35%	9.62%
Zinc	8 mg	72.73%	100%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Spring

Cuisines

Italian

Course

Salads Snacks

Cultural

Chinese New Year Cinco de Mayo Easter

Demographics

Teen Friendly Diabetic Friendly Heart Healthy

Diet

Weight Watchers (WW) Diet Vegetarian Diet

Meal Type

Brunch

Snack

Difficulty Level

Medium

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