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Smoked Almond Cottage Cheese Endive Bites ♦♦

Smoked Almond Cottage Cheese Endive Bites are a delicious and healthy appetizer option. The creamy cottage cheese is mixed with smoked almonds for a smoky flavor, and the endive leaves serve as a crisp and refreshing base. These bites are perfect for parties or as a light snack.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 4

Serving Size: 50 g

Ingredients

150 g	Cottage cheese
50 g	smoked almonds
16 pieces	endive leaves

Directions

Step 1

In a bowl, mix the cottage cheese and smoked almonds together.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spoon the cottage cheese mixture onto each endive leaf.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Serve and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 8 g

Protein: 12 g

Carbohydrates: 8 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	12 g	70.59%	70.59%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	1 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	5 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	6 mg	461.54%	461.54%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	15 mg	1.5%	1.5%
Iron	8 mg	100%	44.44%
Potassium	300 mg	8.82%	11.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	4 mg	36.36%	50%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Course

Salads Snacks Appetizers

Meal Type

Breakfast Brunch Snack Lunch Supper

Cultural

Diwali Thanksgiving

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

Demographics

Kids Friendly Senior Friendly Teen Friendly Pregnancy Safe
Lactation Friendly Allergy Friendly Diabetic Friendly

Difficulty Level

Medium

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