



Healthdor

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Toast with Pineapple, Cottage Cheese & Cashews

This recipe combines the sweetness of pineapple with the creaminess of cottage cheese and the crunch of cashews. It's a delicious and nutritious option for breakfast or a snack.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: 5 mins

Total Time: 15 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

| | |
|-----------------|----------------|
| 2 slices | toast |
| 1 c | Pineapple |
| 1 c | Cottage cheese |
| 2 tbsp | Cashews |

Directions

Step 1

Toaster

Toast the slices of bread until golden brown.

Prep Time: 2 mins

Cook Time: 3 mins

Step 2

Cutting

Cut the pineapple into small chunks.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Spreading

Spread the cottage cheese on the toasted bread slices.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Topping

Top the cottage cheese with the pineapple chunks and cashews.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 15 g

Carbohydrates: 40 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 | 40 g | 72.73% | 80% |
| Fibers | 5 g | 13.16% | 20% |
| Sugars | 20 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 5 g | N/A | N/A |
| Saturated Fat | 2 g | 9.09% | 11.76% |
| Fat | 10 g | 35.71% | 40% |
| 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 | 80 mg | 88.89% | 106.67% |
| Vitamin B6 | 15 mg | 1153.85% | 1153.85% |
| Vitamin B12 | 10 mcg | 416.67% | 416.67% |
| Vitamin E | 8 mg | 53.33% | 53.33% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| Vitamin D | 2 mcg | 13.33% | 13.33% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 200 mg | 8.7% | 8.7% |
| Calcium | 20 mg | 2% | 2% |
| Iron | 10 mg | 125% | 55.56% |
| Potassium | 400 mg | 11.76% | 15.38% |
| Zinc | 6 mg | 54.55% | 75% |
| Selenium | 4 mcg | 7.27% | 7.27% |

Recipe Attributes

Seasonality

Summer Fall

Events

Valentine's Day Picnic

Course

Salads Snacks

Cultural

Chinese New Year Christmas

Demographics

Senior Friendly

Allergy Friendly

Heart Healthy

Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Vegetarian Diet

Pescatarian Diet

Lacto-Ovo Vegetarian Diet

Engine 2 Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

Meal Type

Breakfast

Brunch

Snack

Supper

Difficulty Level

Medium

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