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Cottage Cheese with Avocado & Tomato ♦♦

Cottage Cheese with Avocado & Tomato is a delicious and healthy vegetarian recipe. It combines the creaminess of cottage cheese with the freshness of avocado and tomato. This recipe is perfect for breakfast or as a light lunch or snack. It is easy to prepare and packed with nutrients.

Recipe Type: Vegetarian

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 300 grams

Number of Servings: 2

Serving Size: 150 g

Ingredients

200 g	cottage cheese
100 g	Avocado
100 g	Tomato

Directions

Step 1

Cut

Slice the avocado and tomato.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Spread the cottage cheese on a plate.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Arrange the avocado and tomato slices on top of the cottage cheese.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 15 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	15 g	27.27%	30%
Fibers	10 g	26.32%	40%
Sugars	2 g	N/A	N/A
Lactose	6 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	0 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	1 mg	76.92%	76.92%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	30 mg	3%	3%
Iron	10 mg	125%	55.56%
Potassium	600 mg	17.65%	23.08%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Cuisines

American Middle Eastern

Nutritional Content

Low Calorie Low Fat High Fiber Low Sodium Sugar-Free High Vitamin C
High Calcium

Kitchen Tools

Mixer Oven

Course

Appetizers Salads Sauces & Dressings

Cultural

Chinese New Year Diwali

Demographics

Teen Friendly

Diet

Vegetarian Diet

Meal Type

Brunch

Lunch

Snack

Difficulty Level

Medium

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