



Healthdor

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Cottage Cheese with Lox & Dill

Cottage Cheese with Lox & Dill is a classic dish that originated in Jewish cuisine. It is typically served as a breakfast or brunch option. The dish consists of cottage cheese topped with slices of lox (smoked salmon) and fresh dill. It is often served with bagels or toast.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

200 g	cottage cheese
100 g	lox (smoked salmon)
5 g	fresh dill

Directions

Step 1

Scoop the cottage cheese into a bowl.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Place the slices of lox on top of the cottage cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Sprinkle fresh dill over the lox and cottage cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 5 g

Protein: 20 g

Carbohydrates: 5 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	5 g	9.09%	10%
Fibers	1 g	2.63%	4%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	2 g	9.09%	11.76%
Fat	5 g	17.86%	20%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	15 mg	1.5%	1.5%
Iron	5 mg	62.5%	27.78%
Potassium	250 mg	7.35%	9.62%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring

Meal Type

Breakfast

Lunch

Brunch

Course

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Hanukkah

Halloween

Demographics

Senior Friendly

Diabetic Friendly

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Anti-Inflammatory Diet

The Acid Reflux Diet

Gluten-Free Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The 80/10/10 Diet

Difficulty Level

Easy

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