



Healthdor

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## [Rice Cake with Strawberries, Cottage Cheese, and Honey](#)

This recipe is a delicious and healthy dessert option. It combines the sweetness of strawberries and honey with the creaminess of cottage cheese. The rice cake adds a nice texture and makes it a satisfying treat. It can be enjoyed as a snack or dessert.

**Recipe Type:** Vegetarian

**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

100 g	rice cake
100 g	Strawberries
100 g	Cottage cheese
10 g	honey

# Directions

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## Step 1

Cut

Wash and slice the strawberries.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Spreading

Spread cottage cheese on top of the rice cake.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 3

Plating

Place sliced strawberries on top of the cottage cheese.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

## Pouring

Drizzle honey over the strawberries.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 150 kcal

**Fat:** 1 g

**Protein:** 5 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
Sugars	15 g	N/A	N/A
Lactose	4 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	1 g	3.57%	4%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	70 mg	77.78%	93.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	10 mg	1%	1%
Iron	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
 Valentine's Day Mother's Day Father's Day New Year Anniversary  
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic  
 Game Day

### Meal Type

Brunch

Snack

Supper

### Difficulty Level

Medium

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