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## Peppered Cottage Cheese

Peppered Cottage Cheese is a savory dish made with fresh cottage cheese and a sprinkle of black pepper. It is a versatile recipe that can be enjoyed as a snack, appetizer, or even as a light meal. The creamy and tangy cottage cheese pairs perfectly with the spicy kick of black pepper, creating a delicious and satisfying dish.

**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

1 tsp black pepper

### Directions

## Step 1

Place the cottage cheese in a bowl.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 2

Sprinkle black pepper over the cottage cheese.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 3

**Stirring**

Mix well to evenly distribute the pepper.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 4

**Serving**

Serve and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

Calories: 98 kcal

Fat: 5 g

Protein: 11 g

Carbohydrates: 3 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	11 g	64.71%	64.71%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	3 g	5.45%	6%
Fibers	0 g	0%	0%
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	0 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	5 g	17.86%	20%
Cholesterol	15 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	9 mcg	375%	375%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	240 mg	10.43%	10.43%
Calcium	88 mg	8.8%	8.8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	1 mg	12.5%	5.56%
Potassium	100 mg	2.94%	3.85%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Cuisines

Italian

### Course

Appetizers

Snacks

### Cultural

Chinese New Year

Hanukkah

Easter

### Cost

\$10 to \$20

### Demographics

Kids Friendly

Senior Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

### Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Weight Watchers (WW) Diet

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

Volumetrics Diet

The Whole30 Diet

Zone Diet

Low FODMAP Diet

Vegetarian Diet

**Meal Type**

Snack

Supper

**Difficulty Level**

Easy

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