



Cottage Cheese Appetizer or Side Dish

Ingredients:

- Cottage cheese of your choice
(Roundy's is my favorite)
- Grape tomatoes
- Chopped English cucumber
- Everything Bagel Seasoning

Directions and Preparation:

1. Chop fresh veggies.
2. Fill single serve containers with cottage cheese.
3. Add a shake of Everything Bagel Seasoning.
4. Add the chopped veggies.
5. Sprinkle with a bit more Everything Bagel Seasoning and enjoy!

This can be made as an appetizer with little dishes or as a great side dish for any meal!
It has great color and texture.

Roundy's Small Curd Cottage Cheese

servings per container	
Serving size	0.5cup (113 g)
Amount per serving	
Calories	110
	% Daily value*
Total Fat 5g	6.41%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 25mg	8.33%
Sodium 470mg	20.43%
Total Carbohydrate 4g	1.45%
Dietary Fiber 0g	0%
Sugar 3g	
Added Sugar 0g	0%
Protein 13g	
Calcium 90mg	6%
Iron 0mg	0%
Potassium 110mg	2%
Vitamin D 0mcg	0%

Everything Bagel Seasoning

Nutrition Facts

servings per container	
Serving size	0.7g (0.7 g)
Amount per serving	
Calories	5
	% Daily value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	0.65%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugar 0g	
Added Sugar 0g	0%
Protein 0g	
Calcium 2mg	0%
Iron 0mg	0%
Potassium 5mg	0%
Vitamin D 0mcg	0%

English Cucumber

Nutrition Facts

servings per container

Serving size

Amount per serving

Calories **14**

% Daily value*

Total Fat 0g **0%**

Monounsaturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 2mg **5%**

Total Carbohydrate 3g **2%**

Dietary Fiber 1g **3%**

Sugar 2g **0%**

Added Sugar 0g **0%**

Protein 1g **2%**

Calcium 17mg **9%**

Copper 84mcg **4%**

Folate, total 17mcg **0%**

Iron 0mg **0%**

Magnesium 14mg **3%**

Niacin 0mg **0%**

Phosphorus 25mg **1%**

Potassium 162mg **1%**

Riboflavin 0mg **0%**

Thiamin 0mg **0%**

Vitamin A 5mcg **5%**

Vitamin C 4mg **10%**

Vitamin D 0mcg **0%**

Vitamin E 0mg **0%**

Vitamin K 9mcg **3%**

Zinc 0mg **0%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Grape Tomatoes

Nutrition Facts

servings per container

Serving size **1cup (149 g)**

Amount per serving

Calories **26.82**

% Daily value*

Total Fat 0.298g **0.38%**

Saturated Fat 0.042g **0.21%**

Trans Fat 0g **0%**

Polyunsaturated Fat 0.124g **0%**

Monounsaturated Fat 0.046g **0%**

Cholesterol 0mg **0%**

Sodium 7.45mg **0.32%**

Total Carbohydrate 5.796g **2.11%**

Dietary Fiber 1.788g **6.39%**

Sugar 3.919g **7.84%**

Protein 1.311g **2.62%**

Calcium 14.9mg **2%**

Copper 0.088mg **10%**

Folate, total 22.35mcg **0%**

Iron 0.402mg **2%**

Magnesium 16.39mg **4%**

Manganese 0.17mg **8%**

Niacin 0.885mg **6%**

Phosphorus 35.76mg **2%**

Potassium 353.13mg **8%**

Riboflavin 0.028mg **2%**

Thiamin 0.055mg **4%**

Vitamin A 1241.17mcg **140%**

Vitamin C 20.413mg **25%**

Vitamin D 0mcg **0%**

Vitamin E 1.199mg **8%**

Vitamin K 11.771mcg **10%**

Zinc 0.253mg **2%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.