

# Cottage Cheese, Yogurt & Parsley Dip

**Nutrients per Serving (based on recipe yield of about 4 servings; 1/2 cup or 120 mL per serving)**

Calories (kcal)	84.9	Thiamin (mg)	0.1
Fat (g)	1.6	Riboflavin (mg)	0.2
Protein (g)	11.0	Niacin (ne)	2.9
Carbohydrate (g)	7.9	Folate (µg)	101
Sugar (g)	4.4	Vitamin B <sub>6</sub> (mg)	0.1
Fibre (g)	2.0	Vitamin B <sub>12</sub> (µg)	0.6
Vitamin A (µg)	260	Calcium (mg)	175.5
Vitamin C (mg)	80.7	Iron (mg)	3.8
Vitamin D (µg)	0	Sodium (mg)	304.9
Vitamin E (mg)	0.5	Potassium (mg)	456.9

Nutrient analysis performed using Dietitians of Canada's [Recipe Analyzer](#).

## **Canada's Food Guide Servings (per one serving of recipe)**

Vegetables and Fruit	0
Grain Products	0
Milk and Alternatives	1/2
Meat and Alternatives	0