



Baked Ricotta

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



41 kcal

SIDE DISH

Ingredients

- 1 tablespoon olive oil extra virgin extra-virgin plus more for coating the baking dish
- 2 teaspoons oregano fresh finely chopped
- 1 ounce pecorino cheese loosely packed finely grated

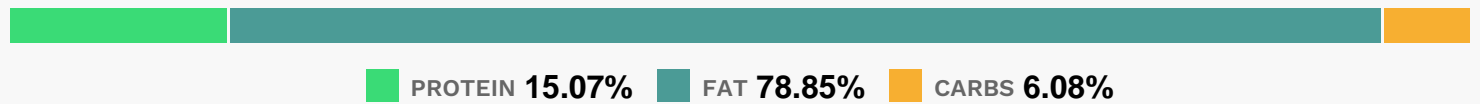
Equipment

- bowl
- oven
- baking pan

Directions

- Heat the oven to 300°F and arrange a rack in the middle. Lightly coat a 2-cup baking dish with olive oil; set aside.
- Place ricotta, 1/4 cup plus 2 tablespoons of the Pecorino Romano, and the oregano in a medium bowl and stir to combine. Taste and season with salt and pepper as needed.
- Transfer mixture to the prepared baking dish, sprinkle with the remaining 2 tablespoons Pecorino Romano, and drizzle with olive oil.
- Bake until heated through and the Pecorino Romano on top is melted, about 30 minutes.
- Serve warm with toasted bread or crostini.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.06, Inflammation Score:-5, Nutrition Score:1.3417391409369%

Nutrients (% of daily need)

Calories: 40.68kcal (2.03%), Fat: 3.63g (5.59%), Saturated Fat: 1.14g (7.13%), Carbohydrates: 0.63g (0.21%), Net Carbohydrates: 0.35g (0.13%), Sugar: 0.06g (0.07%), Cholesterol: 4.91mg (1.64%), Sodium: 56.91mg (2.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.13%), Calcium: 60.94mg (6.09%), Vitamin K: 5.65µg (5.38%), Phosphorus: 36.9mg (3.69%), Vitamin E: 0.47mg (3.12%), Manganese: 0.03mg (1.71%), Iron: 0.29mg (1.64%), Vitamin B2: 0.02mg (1.24%), Fiber: 0.28g (1.13%), Selenium: 0.72µg (1.02%)