



## Buttermilk-Ricotta Cheese Dip

READY IN



790 min.

SERVINGS



40

CALORIES



245 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 cups buttermilk whole organic (preferably )
- 40 servings round buttery crackers assorted
- 40 servings olive oil extra virgin
- 1 cup cup heavy whipping cream organic (preferably )
- 0.3 teaspoon kosher salt
- 40 servings pepper dried red crushed
- 3 cups milk whole organic (preferably )
- 40 servings frangelico
- 40 servings frangelico

## Equipment

- bowl
- sieve
- dutch oven
- cheesecloth

## Directions

- Bring first 4 ingredients to a simmer, without stirring, in a heavy nonaluminum Dutch oven (about 9 1/2 inches in diameter) over medium heat; cook, without stirring, 20 to 25 minutes or just until bubbles appear and temperature reaches 175 to 18
- (Do not boil.)
- Stir gently, and return to a simmer. Cook, without stirring, 5 to 6 minutes or until temperature reaches 19
- (Do not boil or stir.)
- Mixture will look curdled.)
- Remove from heat, and let stand 30 minutes.
- Line a fine wire-mesh strainer with 3 layers of cheesecloth, and place over a bowl. Spoon mixture into strainer. Cover with cheesecloth; chill 12 to 24 hours.
- Remove cheese, discarding strained liquid.
- Spoon cheese into a serving bowl; drizzle with olive oil, and sprinkle with salt and crushed red pepper.
- Serve with crackers. Refrigerate dip in an airtight container up to 2 days.

## Nutrition Facts



**PROTEIN 3.98%** **FAT 75.81%** **CARBS 20.21%**

## Properties

Glycemic Index:1.73, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:5.6882608686776%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

## **Nutrients (% of daily need)**

Calories: 244.91kcal (12.25%), Fat: 21.03g (32.35%), Saturated Fat: 4.73g (29.58%), Carbohydrates: 12.62g (4.21%), Net Carbohydrates: 11.55g (4.2%), Sugar: 2.94g (3.27%), Cholesterol: 9.91mg (3.3%), Sodium: 206.74mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.97%), Vitamin E: 3.41mg (22.72%), Vitamin K: 18.81µg (17.92%), Vitamin A: 724.96IU (14.5%), Phosphorus: 79.26mg (7.93%), Calcium: 68.18mg (6.82%), Vitamin B2: 0.11mg (6.65%), Iron: 1.15mg (6.38%), Vitamin B1: 0.09mg (6.09%), Manganese: 0.12mg (6.08%), Vitamin B3: 1.04mg (5.22%), Fiber: 1.06g (4.26%), Vitamin B6: 0.07mg (3.4%), Folate: 12.77µg (3.19%), Potassium: 103.44mg (2.96%), Selenium: 2µg (2.86%), Vitamin D: 0.41µg (2.76%), Vitamin B12: 0.15µg (2.5%), Magnesium: 9.53mg (2.38%), Copper: 0.04mg (2.15%), Zinc: 0.31mg (2.05%), Vitamin B5: 0.19mg (1.95%)