



Coriander-baked ricotta with pomegranate molasses



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 140 g ricotta cheese drained
- ☐ 1 tbsp olive oil extra virgin
- ☐ 1 tbsp coriander seeds
- ☐ 0.5 tsp pepper black freshly ground
- ☐ 1 tsp pomegranate molasses

Equipment

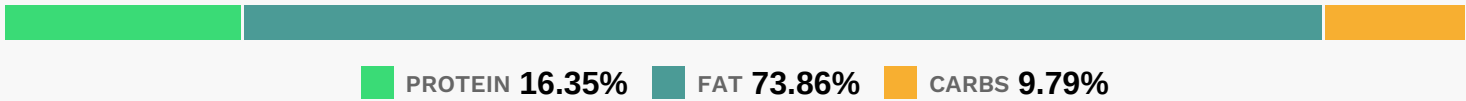
- ☐ oven

- ☐ mortar and pestle
- ☐ cutting board

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Turn the cheese upside down on a chopping board, then slice off the top two-thirds (use whats left in a pasta or with chopped soft herbs as a dip). Oil a small ovenproof dish with 2 tsp olive oil, then put the ricotta in.
- ☐ Using a pestle and mortar, roughly crush the coriander seeds.
- ☐ Add 1 scant tsp salt and pepper and mix in. Gently press on all around the outside of the cheese to create a coriander crust.
- ☐ Drizzle over 1 tsp olive oil and bake for 20 mins or until starting to brown. Cool slightly before drizzling liberally with pomegranate molasses and oil.
- ☐ Serve in the dish, warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:29.5, Glycemic Load:0.64, Inflammation Score:-3, Nutrition Score:4.9930434693461%

Flavonoids

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

Nutrients (% of daily need)

Calories: 197.31kcal (9.87%), Fat: 16.55g (25.46%), Saturated Fat: 6.8g (42.53%), Carbohydrates: 4.93g (1.64%), Net Carbohydrates: 3.76g (1.37%), Sugar: 1.05g (1.17%), Cholesterol: 35.7mg (11.9%), Sodium: 59.92mg (2.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.49%), Calcium: 164.91mg (16.49%), Selenium: 10.83µg (15.47%), Phosphorus: 121.61mg (12.16%), Vitamin B2: 0.14mg (8.51%), Vitamin E: 1.09mg (7.27%), Vitamin A: 314.23IU (6.28%), Zinc: 0.94mg (6.24%), Manganese: 0.12mg (5.77%), Vitamin K: 5.8µg (5.53%), Fiber: 1.17g (4.7%), Iron: 0.76mg (4.23%), Magnesium: 16.81mg (4.2%), Vitamin B12: 0.24µg (3.97%), Potassium: 111.89mg (3.2%), Copper: 0.05mg (2.29%), Folate: 8.48µg (2.12%), Vitamin B6: 0.03mg (1.58%), Vitamin B5: 0.16mg (1.56%), Vitamin B1: 0.02mg (1.04%)