



Creamy Ricotta Spread

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



1

CALORIES



105 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 0.5 teaspoon honey
- 1 tablespoon granular no-calorie sucralose sweetener splenda® (such as)
- 1 tablespoon nonfat milk powder dry
- 1.5 teaspoons orange juice
- 2 tablespoons ricotta cheese

Equipment

- bowl

Directions

- Mix together the ricotta cheese, orange juice, sweetener, honey, and dry milk powder in a small bowl until the mixture forms a spreadable, even texture. Refrigerate leftovers.

Nutrition Facts

PROTEIN 23.19% **FAT 33.55%** **CARBS 43.26%**

Properties

Glycemic Index:181.27, Glycemic Load:3.67, Inflammation Score:-3, Nutrition Score:4.4208695298952%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 104.79kcal (5.24%), Fat: 3.97g (6.11%), Saturated Fat: 2.53g (15.8%), Carbohydrates: 11.52g (3.84%), Net Carbohydrates: 11.5g (4.18%), Sugar: 10.15g (11.27%), Cholesterol: 16.8mg (5.6%), Sodium: 65.57mg (2.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.35%), Calcium: 157.96mg (15.8%), Phosphorus: 121.93mg (12.19%), Vitamin B2: 0.18mg (10.54%), Selenium: 6.44µg (9.19%), Vitamin C: 5.78mg (7%), Vitamin B12: 0.4µg (6.74%), Vitamin A: 317.92IU (6.36%), Vitamin D: 0.88µg (5.9%), Potassium: 188.69mg (5.39%), Zinc: 0.67mg (4.45%), Vitamin B5: 0.35mg (3.54%), Magnesium: 12.77mg (3.19%), Vitamin B1: 0.04mg (2.96%), Folate: 10.57µg (2.64%), Vitamin B6: 0.05mg (2.25%)