



D.I.Y. Ricotta



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



175 kcal

SIDE DISH

Ingredients

- ☐ 1 cup cup heavy whipping cream
- ☐ 1.5 teaspoons kosher salt
- ☐ 2 tablespoons juice of lemon
- ☐ 4 cups milk whole

Equipment

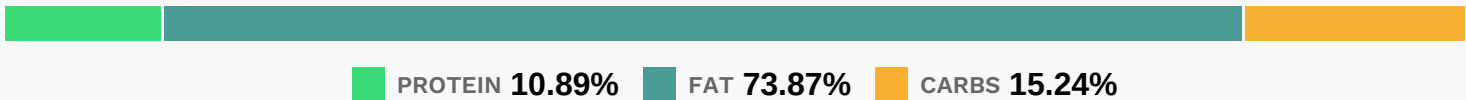
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

☐ measuring cup

Directions

- ☐ Combine 4 cups whole milk, 1 cup cream, 1 1/2 teaspoons kosher salt, and 2 tablespoons lemon juice in a saucepan and bring just to a boil without stirring. Immediately remove pan from heat.
- ☐ Let mixture stand for 15 minutes at room temperature. As time passes, the curds will begin to separate from the whey. If only a few curds form, your lemons may not be acidic enough; add another 1 tablespoon lemon juice, gently stir so you don't break up the curds too much, and let stand for 5 minutes more.
- ☐ Using a large spoon (not slotted) or measuring cup, spoon curds into a cheesecloth-lined sieve set over a large bowl. The longer you drain the ricotta, the denser and more flavorful the cheese will be.
- ☐ Add it to your favorite lasagna, or spread some on toast and drizzle it with honey for breakfast.

Nutrition Facts



Properties

Glycemic Index: 4.75, Glycemic Load: 2.16, Inflammation Score: -4, Nutrition Score: 5.3060869705742%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 175.18kcal (8.76%), Fat: 14.65g (22.54%), Saturated Fat: 9.11g (56.96%), Carbohydrates: 6.8g (2.27%), Net Carbohydrates: 6.79g (2.47%), Sugar: 6.83g (7.59%), Cholesterol: 48.26mg (16.09%), Sodium: 490.46mg (21.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Calcium: 170.19mg (17.02%), Phosphorus: 140.77mg (14.08%), Vitamin B2: 0.22mg (13.23%), Vitamin A: 635.19IU (12.7%), Vitamin D: 1.82µg (12.12%), Vitamin B12: 0.71µg (11.77%), Potassium: 215.21mg (6.15%), Vitamin B5: 0.54mg (5.36%), Vitamin B1: 0.08mg (5.01%), Selenium: 3.22µg (4.59%), Vitamin B6: 0.09mg (4.33%), Magnesium: 16.96mg (4.24%), Zinc: 0.57mg (3.83%), Vitamin E: 0.34mg (2.27%), Vitamin C: 1.63mg (1.98%), Vitamin K: 1.32µg (1.26%)