



Fresh Cheese with Herbs



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



80 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1.5 teaspoons cilantro leaves fresh chopped
- ☐ 1.5 teaspoons parsley fresh chopped
- ☐ 0.5 cup juice of lemon fresh 3 large lemons
- ☐ 8 cups buttermilk low-fat
- ☐ 0.3 teaspoon salt

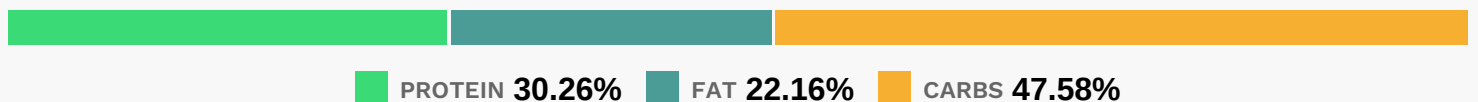
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ colander
- ☐ cheesecloth
- ☐ candy thermometer

Directions

- ☐ Line a large colander or sieve with 5 layers of dampened cheesecloth, allowing the cheesecloth to extend over outside edges of colander; place colander in a large bowl.
- ☐ Heat buttermilk in a large, heavy saucepan over medium-high heat. Attach a candy thermometer to edge of pan so that thermometer extends at least 2 inches into buttermilk. Cook until candy thermometer registers 170 (about 20 minutes), gently stirring occasionally. Stir in juice. As soon as buttermilk mixture reaches 170 again, stop stirring (whey and curds will begin separating at this point). Continue to cook, without stirring, until thermometer registers 19
- ☐ (Do not stir, or curds that have formed will break apart.) Immediately remove pan from heat. (Bottom of pan may be slightly scorched.) Using a slotted spoon, gently spoon curds into cheesecloth-lined colander; discard whey, or reserve for another use. Return colander to bowl; cover with plastic wrap. Refrigerate 8 hours or overnight.
- ☐ Scrape cheese into a bowl.
- ☐ Add chives, cilantro, parsley, salt, and freshly ground black pepper; toss gently with a fork to combine.

Nutrition Facts



Properties

Glycemic Index:14.1, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:5.2934782187576%

Flavonoids

Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg, Hesperetin: 1.77mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 79.71kcal (3.99%), Fat: 2.09g (3.21%), Saturated Fat: 1.27g (7.96%), Carbohydrates: 10.09g (3.36%), Net Carbohydrates: 10.03g (3.65%), Sugar: 9.51g (10.57%), Cholesterol: 7.68mg (2.56%), Sodium: 342.45mg (14.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.83%), Calcium: 224.02mg (22.4%), Vitamin B2: 0.3mg (17.53%), Phosphorus: 172.12mg (17.21%), Potassium: 304.21mg (8.69%), Vitamin C: 6.84mg (8.29%), Vitamin B12: 0.42µg (7.04%), Magnesium: 22.08mg (5.52%), Selenium: 3.86µg (5.51%), Vitamin B5: 0.55mg (5.46%), Zinc: 0.82mg (5.43%), Vitamin B1: 0.07mg (4.57%), Vitamin B6: 0.07mg (3.57%), Folate: 12.4µg (3.1%), Vitamin A: 106.58IU (2.13%), Copper: 0.02mg (1.22%), Vitamin K: 1.21µg (1.15%)