



Fresh Cheese with Orange Honey



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



126 kcal

SIDE DISH

Ingredients

- ☐ 0.8 cup crème fraîche (cow or goat)
- ☐ 1 tablespoons honey
- ☐ 2 tablespoons orange marmalade

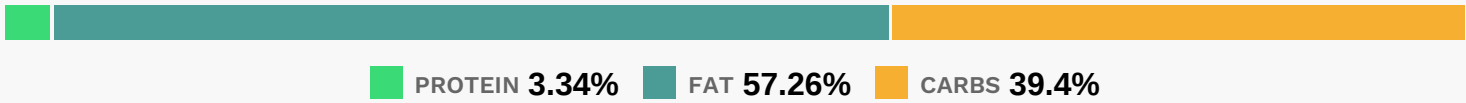
Equipment

- ☐ bowl

Directions

☐ In a bowl, stir 3/4 cup crme frache (cow or goat), mascarpone, fromage blanc, or quark with 2 tablespoons orange marmalade and 1 to 2 tablespoons honey, to taste.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:2.26, Inflammation Score:-2, Nutrition Score:1.535217396591%

Nutrients (% of daily need)

Calories: 125.95kcal (6.3%), Fat: 8.37g (12.87%), Saturated Fat: 4.36g (27.22%), Carbohydrates: 12.95g (4.32%), Net Carbohydrates: 12.87g (4.68%), Sugar: 11.78g (13.09%), Cholesterol: 25.44mg (8.48%), Sodium: 19.18mg (0.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Vitamin A: 274.87IU (5.5%), Calcium: 47.67mg (4.77%), Vitamin B2: 0.08mg (4.53%), Phosphorus: 33.38mg (3.34%), Selenium: 1.7µg (2.43%), Potassium: 60.34mg (1.72%), Vitamin B12: 0.09µg (1.51%), Vitamin B5: 0.15mg (1.5%), Magnesium: 4.62mg (1.15%), Vitamin E: 0.17mg (1.13%), Vitamin C: 0.89mg (1.08%), Zinc: 0.16mg (1.05%), Vitamin B6: 0.02mg (1.04%)