



Fresh Homemade Ricotta

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



244 kcal

SIDE DISH

Ingredients

- 1 cup cup heavy whipping cream
- 3 tablespoons juice of lemon fresh
- 0.5 teaspoon salt
- 2 quarts milk whole

Equipment

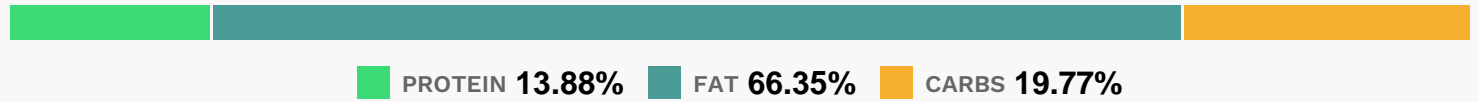
- bowl
- pot
- sieve

cheesecloth

Directions

- Line a large sieve with a layer of heavy-duty (fine-mesh) cheesecloth and place it over a large bowl.
- Slowly bring milk, cream, and salt to a rolling boil in a 6-quart heavy pot over moderate heat, stirring occasionally to prevent scorching.
- Add lemon juice, then reduce heat to low and simmer, stirring constantly, until the mixture curdles, about 2 minutes.
- Pour the mixture into the lined sieve and let it drain 1 hour. After discarding the liquid, chill the ricotta, covered; it will keep in the refrigerator 2 days.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:4.2, Inflammation Score:-5, Nutrition Score:9.0817391143545%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 244.34kcal (12.22%), Fat: 18.32g (28.19%), Saturated Fat: 11.25g (70.28%), Carbohydrates: 12.28g (4.09%), Net Carbohydrates: 12.26g (4.46%), Sugar: 12.39g (13.77%), Cholesterol: 62.01mg (20.67%), Sodium: 243.33mg (10.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.62g (17.25%), Calcium: 311.07mg (31.11%), Phosphorus: 256.66mg (25.67%), Vitamin B2: 0.38mg (22.55%), Vitamin B12: 1.33µg (22.09%), Vitamin D: 3.08µg (20.52%), Vitamin A: 820.94IU (16.42%), Potassium: 388.97mg (11.11%), Vitamin B5: 0.97mg (9.66%), Vitamin B1: 0.14mg (9.32%), Vitamin B6: 0.16mg (7.87%), Selenium: 5.39µg (7.71%), Magnesium: 30.81mg (7.7%), Zinc: 1.04mg (6.96%), Vitamin C: 2.36mg (2.86%), Vitamin E: 0.4mg (2.67%), Vitamin K: 1.66µg (1.58%), Vitamin B3: 0.27mg (1.36%)