



Fresh Ricotta Cheese

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 teaspoon salt
- ☐ 8 cups milk whole

Equipment

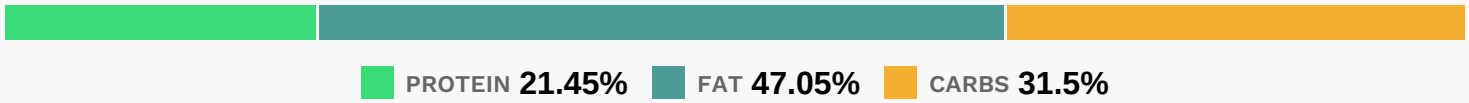
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ slotted spoon

- ☐ colander
- ☐ skimmer
- ☐ cheesecloth

Directions

- ☐ Line colander with 4 layers of cheesecloth;set in sink. Bring milk and salt to simmerin heavy large saucepan over medium-highheat. Stir in lemon juice.
- ☐ Let simmer untilcurds form, 1 to 2 minutes.
- ☐ Using finely slotted spoon or skimmer,scoop curds from pan and transfer tocheesecloth-lined colander.
- ☐ Let drain1 minute (curds will still be a little wet).
- ☐ Transfer curds to medium bowl. Cover andchill until cold, about 3 hours. DO AHEAD: Can be made 2 days ahead. Keep chilled.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:5.77, Inflammation Score:-4, Nutrition Score:10.801739208238%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 196.85kcal (9.84%), Fat: 10.43g (16.04%), Saturated Fat: 6.05g (37.84%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 15.69g (5.7%), Sugar: 15.84g (17.6%), Cholesterol: 39.04mg (13.01%), Sodium: 511.28mg (22.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.7g (21.39%), Calcium: 400.85mg (40.08%), Phosphorus: 329.19mg (32.92%), Vitamin B12: 1.76µg (29.28%), Vitamin B2: 0.45mg (26.48%), Vitamin D: 3.58µg (23.86%), Potassium: 495.8mg (14.17%), Vitamin B1: 0.18mg (12.27%), Vitamin B5: 1.22mg (12.23%), Vitamin A: 527.49IU (10.55%), Vitamin B6: 0.2mg (10.1%), Magnesium: 39.5mg (9.88%), Zinc: 1.34mg (8.92%), Selenium: 6.19µg (8.84%), Vitamin C: 2.9mg (3.52%), Vitamin B3: 0.35mg (1.74%), Vitamin E: 0.17mg (1.16%)