



## Fresh Yogurt Cheese (Labneh)

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



76 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons oregano leaves fresh for serving
- ☐ 4 cups greek yogurt plain 2% reduced-fat ()

## Equipment

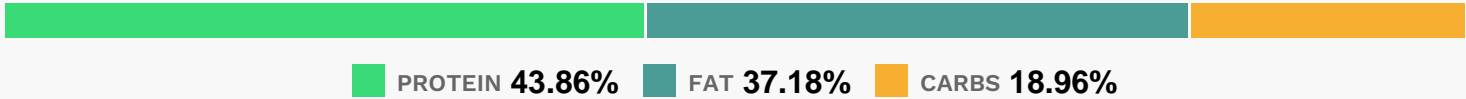
- ☐ bowl
- ☐ frying pan
- ☐ sieve

- ☐ cheesecloth
- ☐ kitchen twine

## Directions

- ☐ In a medium bowl, stir together yogurt and salt. (If using store-bought labneh, skip to step )  
Line a fine-mesh sieve with 2 layers of cheesecloth (allowing extra to drape over sieve); place sieve over a deep bowl or large (8-cup) liquid measure.
- ☐ Transfer yogurt to prepared sieve. Gather edges of cheesecloth around yogurt mixture; tie with kitchen twine.
- ☐ Transfer bowl, sieve, and yogurt to refrigerator; drain 12 hours (discarding liquid occasionally to make sure liquid collected from yogurt in bowl doesn't touch sieve).
- ☐ Remove yogurt cheese from cheesecloth.
- ☐ Use clean hands to roll cheese into 1-inch balls (about 1 rounded tablespoon each).  
Meanwhile, heat oil in a small skillet over medium heat; add oregano and cook until crisp and fragrant (about 1 minute). Cool oil and oregano completely (discarding darkened oregano, if desired) and pour over yogurt cheese to serve.
- ☐ Garnish with fresh oregano.

## Nutrition Facts



## Properties

Glycemic Index:0.5, Glycemic Load:0.01, Inflammation Score:-7, Nutrition Score:4.1456521515451%

## Nutrients (% of daily need)

Calories: 76.2kcal (3.81%), Fat: 3.14g (4.83%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 3.6g (1.2%), Net Carbohydrates: 3.18g (1.15%), Sugar: 2.66g (2.95%), Cholesterol: 4mg (1.33%), Sodium: 145.38mg (6.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.33g (16.66%), Vitamin B2: 0.23mg (13.53%), Selenium: 7.97µg (11.38%), Phosphorus: 110.28mg (11.03%), Calcium: 104.87mg (10.49%), Vitamin B12: 0.56µg (9.33%), Vitamin K: 7.9µg (7.53%), Vitamin E: 0.59mg (3.96%), Potassium: 125.45mg (3.58%), Vitamin B6: 0.06mg (3.08%), Zinc: 0.45mg (3.01%), Magnesium: 11.5mg (2.88%), Manganese: 0.06mg (2.87%), Vitamin B5: 0.27mg (2.74%), Iron: 0.44mg (2.45%), Folate: 7.97µg (1.99%), Fiber: 0.43g (1.7%), Vitamin B1: 0.02mg (1.29%), Vitamin B3: 0.22mg (1.08%)