



George's Mom's Homemade Herb Cheese

 Vegetarian  Gluten Free

READY IN



505 min.

SERVINGS



10

CALORIES



432 kcal

SIDE DISH

Ingredients

- 0.3 cup basil leaves fresh chopped
- 1 pint half-and-half
- 1 tablespoon kosher salt
- 10 servings olive oil extra-virgin
- 0.5 cup sun-dried tomatoes chopped in oil (not)
- 1 cup vinegar white
- 1 gallon milk whole

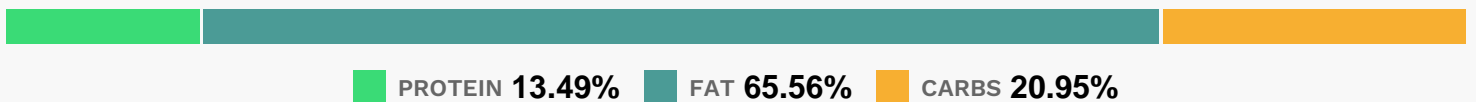
Equipment

- frying pan
- pot
- colander
- cheesecloth

Directions

- Drill holes into the bottom of a round plastic storage container (approximately 6 inches wide and at least 4 inches high) and set aside. Line a colander with cheesecloth and set aside.
- Put the milk and half-and-half into a large pot over medium heat and cook, stirring frequently, until it reaches 195 degrees F. (There will be a slight simmer and the top will be very foamy.)
- Remove from the heat and slowly stir in the vinegar.
- Put the colander into the sink and pour this mixture into the cheesecloth. When most of the liquid has passed through, add the tomatoes, basil, and salt and stir gently to incorporate. Gather up the ends of the cheesecloth and transfer the cheese to the plastic container. Set the container on a rack on a sheet pan to catch the whey. Put a plate on top and weight it down with some heavy cans to squeeze out the excess liquid.
- Let rest for 1 hour, remove the cheesecloth, and return it to the plastic container with the plates and weights. Put it into the refrigerator overnight. To serve, put the cheese onto a plate and brush with a little olive oil.

Nutrition Facts



Properties

Glycemic Index:18.8, Glycemic Load:7.44, Inflammation Score:-6, Nutrition Score:16.710000012232%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 431.79kcal (21.59%), Fat: 31.72g (48.8%), Saturated Fat: 12.32g (77.02%), Carbohydrates: 22.81g (7.6%), Net Carbohydrates: 22.12g (8.04%), Sugar: 22.24g (24.71%), Cholesterol: 61.99mg (20.66%), Sodium: 877.05mg (38.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.69g (29.38%), Calcium: 525.45mg (52.54%),

Phosphorus: 448.21mg (44.82%), Vitamin B2: 0.64mg (37.74%), Vitamin B12: 2.13µg (35.57%), Vitamin D: 4.16µg (27.76%), Potassium: 821.48mg (23.47%), Vitamin A: 860.46IU (17.21%), Vitamin B1: 0.26mg (17.03%), Vitamin B5: 1.66mg (16.65%), Vitamin E: 2.33mg (15.53%), Magnesium: 61.48mg (15.37%), Vitamin K: 15.03µg (14.32%), Vitamin B6: 0.27mg (13.69%), Selenium: 9.14µg (13.06%), Zinc: 1.86mg (12.37%), Manganese: 0.14mg (6.99%), Vitamin B3: 0.95mg (4.76%), Copper: 0.09mg (4.53%), Iron: 0.63mg (3.53%), Vitamin C: 2.69mg (3.26%), Fiber: 0.69g (2.74%), Folate: 5.57µg (1.39%)