



Glazed Ricotta with Vanilla Bean



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



351 kcal

SIDE DISH

Ingredients

- ☐ 2 egg yolks
- ☐ 4 servings fruit fresh for serving
- ☐ 1 pound ricotta cheese fresh
- ☐ 0.3 cup maple syrup pure
- ☐ 1 vanilla pod split

Equipment

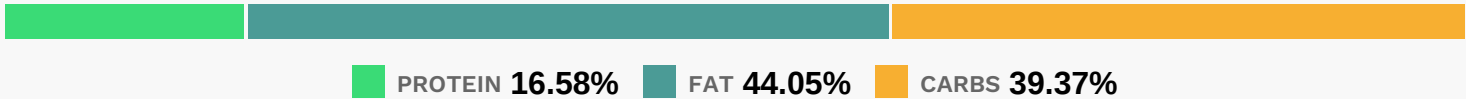
- ☐ bowl
- ☐ sauce pan

- ☐ whisk
- ☐ broiler

Directions

- ☐ Preheat the broiler. In a small saucepan, warm the maple syrup with the vanilla bean scrapings; let cool slightly. In a bowl, mix the ricotta with the syrup.
- ☐ Whisk in the egg yolks until blended.
- ☐ Spread the ricotta in 4 shallow 5-inch gratin dishes and broil 6 inches from the heat, rotating the dishes as necessary to glaze the ricotta evenly.
- ☐ Serve with fresh fruit.
- ☐ Wine Recommendation: Go for a light, fruity, not-too-sweet Muscat-based wine, such as the 1998 Vietti Moscato Cascinetta or the 1997 Robert Mondavi Moscato d'Oro.

Nutrition Facts



Properties

Glycemic Index:15.88, Glycemic Load:5.88, Inflammation Score:-6, Nutrition Score:11.063913065454%

Nutrients (% of daily need)

Calories: 351.11kcal (17.56%), Fat: 17.41g (26.78%), Saturated Fat: 10.28g (64.24%), Carbohydrates: 35g (11.67%), Net Carbohydrates: 33.11g (12.04%), Sugar: 25.75g (28.61%), Cholesterol: 155.03mg (51.68%), Sodium: 107.31mg (4.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.74g (29.49%), Vitamin B2: 0.55mg (32.51%), Selenium: 21.48µg (30.69%), Calcium: 274.21mg (27.42%), Manganese: 0.51mg (25.33%), Phosphorus: 228.49mg (22.85%), Vitamin A: 992.27IU (19.85%), Zinc: 1.77mg (11.8%), Vitamin B12: 0.56µg (9.35%), Potassium: 279.62mg (7.99%), Fiber: 1.9g (7.58%), Folate: 29.12µg (7.28%), Vitamin K: 6.76µg (6.44%), Copper: 0.12mg (5.98%), Iron: 1.07mg (5.92%), Magnesium: 23.08mg (5.77%), Vitamin B5: 0.56mg (5.59%), Vitamin B6: 0.1mg (4.96%), Vitamin D: 0.71µg (4.75%), Vitamin B1: 0.06mg (3.87%), Vitamin C: 2.61mg (3.16%), Vitamin B3: 0.6mg (3%), Vitamin E: 0.36mg (2.38%)