



Herbed Ricotta Bruschettas

 Vegetarian

READY IN



13 min.

SERVINGS



6

CALORIES



743 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon chives fresh minced
- ☐ 2 tablespoons optional: dill fresh minced
- ☐ 2 cups heavy cream
- ☐ 1 teaspoon kosher salt
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup juice of lemon freshly squeezed (2 lemons)
- ☐ 0.5 cup olive oil good

- ☐ 6 servings olive oil good
- ☐ 8 cups mesclun mix
- ☐ 3 tablespoons scallions white green minced (2 scallions)
- ☐ 1 round sourdough bread
- ☐ 3 tablespoons citrus champagne vinegar good
- ☐ 1 garlic clove whole cut in half
- ☐ 4 cups milk whole

Equipment

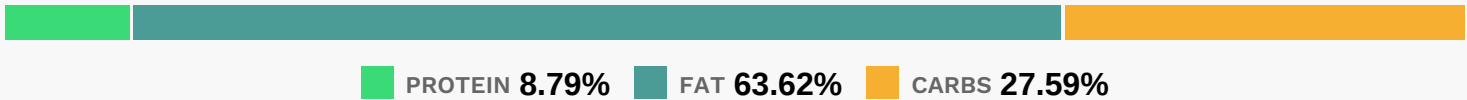
- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ grill
- ☐ cheesecloth

Directions

- ☐ Prepare a charcoal grill with hot coals or turn a gas grill to medium-high heat.
- ☐ Combine the ricotta, scallions, dill, chives, 1 teaspoon salt, and 1/2 teaspoon pepper and set aside.
- ☐ Cut the bread in half and cut each half into 6 thick slices to make 12 slices total.
- ☐ When the grill is hot, brush the bread with olive oil and grill on each side for 1 1/2 to 2 minutes, until lightly browned.
- ☐ Remove from the grill and rub each slice of bread with the cut side of the garlic clove.
- ☐ Sprinkle with salt and pepper and spread with the herbed ricotta.
- ☐ Serve 2 warm slices per person with the green salad on the side.
- ☐ Set a large sieve over a deep bowl. Dampen 2 layers of cheesecloth with water and line the sieve with the cheesecloth.

- ☐ Pour the milk and cream into a stainless-steel or enameled pot such as Le Creuset. Stir in the salt. Bring to a full boil over medium heat, stirring occasionally. Turn off the heat and stir in the vinegar. Allow the mixture to stand for 1 minute until it curdles. It will separate into thick parts (the curds) and milky parts (the whey).
- ☐ Pour the mixture into the cheesecloth-lined sieve and allow it to drain into the bowl at room temperature for 20 to 25 minutes, occasionally discarding the liquid that collects in the bowl. The longer you let the mixture drain, the thicker the ricotta. (I tend to like mine on the thicker side, but some prefer it moister.)
- ☐ Transfer the ricotta to a bowl, discarding the cheesecloth and any remaining whey. Use immediately or cover with plastic wrap and refrigerate. The ricotta will keep refrigerated for 4 to 5 days.
- ☐ Place the salad greens in a large bowl.
- ☐ In a small bowl, whisk together the lemon juice, olive oil, salt, and pepper.
- ☐ Pour enough dressing on the salad to moisten. Toss and serve.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:33.22, Inflammation Score:-9, Nutrition Score:22.320434860561%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 743.05kcal (37.15%), Fat: 53.36g (82.09%), Saturated Fat: 24.12g (150.72%), Carbohydrates: 52.06g (17.35%), Net Carbohydrates: 50.2g (18.25%), Sugar: 13.97g (15.52%), Cholesterol: 109.17mg (36.39%), Sodium: 940.96mg (40.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.58g (33.17%), Vitamin B1: 0.66mg (44.32%), Vitamin B2: 0.73mg (42.86%), Vitamin A: 2099.67IU (41.99%), Selenium: 27.39µg (39.14%), Phosphorus: 314.47mg (31.45%), Calcium: 305.09mg (30.51%), Folate: 120.51µg (30.13%), Manganese: 0.54mg (26.89%), Vitamin

E: 3.54mg (23.6%), Vitamin C: 17.95mg (21.75%), Vitamin B3: 4.19mg (20.95%), Vitamin K: 21.87µg (20.83%), Vitamin D: 3.06µg (20.39%), Iron: 3.61mg (20.04%), Vitamin B12: 1.01µg (16.76%), Potassium: 529.38mg (15.13%), Magnesium: 57.48mg (14.37%), Vitamin B6: 0.26mg (13.24%), Zinc: 1.79mg (11.92%), Vitamin B5: 1.15mg (11.5%), Copper: 0.16mg (8.15%), Fiber: 1.86g (7.45%)