



Home Made Farmer's Cheese

 Vegetarian  Gluten Free  Popular

READY IN



25 min.

SERVINGS



3

CALORIES



759 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 juice of lemon juiced
- 1 pinch salt
- 1 gallon milk whole

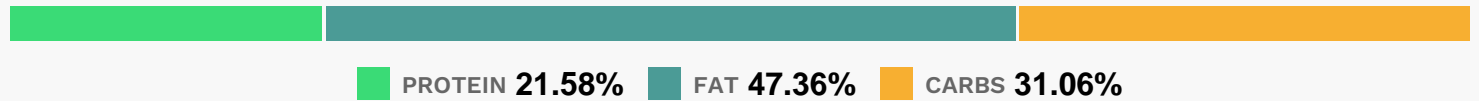
Equipment

- pot
- sieve
- colander
- cheesecloth

Directions

- Pour the milk into a large pot, and stir in a pinch of salt. Bring to a boil over medium heat, stirring occasionally to prevent the milk from scorching on the bottom of the pot.
- When the milk begins to boil (small bubbles will first appear at the edges), turn off the heat. Stir lemon juice into the milk, and the milk will curdle. You may need to wait 5 or 10 minutes.
- Line a sieve or colander with a cheesecloth, and pour the milk through the cloth to catch the curds. What is left in the cheesecloth is the Farmer's Cheese. The liquid is the whey. Some people keep the whey and drink it, but I throw it away. Gather the cloth around the cheese, and squeeze out as much of the whey as you can. Wrap in plastic, or place in an airtight container. Store in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:12.67, Glycemic Load:22.39, Inflammation Score:-9, Nutrition Score:37.000434703639%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 759.28kcal (37.96%), Fat: 40.4g (62.16%), Saturated Fat: 23.47g (146.71%), Carbohydrates: 59.62g (19.87%), Net Carbohydrates: 59.59g (21.67%), Sugar: 60.94g (67.72%), Cholesterol: 151.42mg (50.47%), Sodium: 492.5mg (21.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.42g (82.84%), Calcium: 1552.63mg (155.26%), Phosphorus: 1275.22mg (127.52%), Vitamin B12: 6.81µg (113.56%), Vitamin B2: 1.74mg (102.52%), Vitamin D: 13.88µg (92.53%), Potassium: 1903.01mg (54.37%), Vitamin B1: 0.71mg (47.27%), Vitamin B5: 4.72mg (47.2%), Vitamin A: 2044.72IU (40.89%), Vitamin B6: 0.77mg (38.72%), Magnesium: 152.02mg (38%), Zinc: 5.18mg (34.52%), Selenium: 23.98µg (34.26%), Vitamin B3: 1.33mg (6.67%), Vitamin C: 3.87mg (4.69%), Vitamin E: 0.65mg (4.31%), Vitamin K: 3.79µg (3.61%), Manganese: 0.05mg (2.59%)