



Homemade Fresh Cheese

 Vegetarian  Gluten Free

READY IN



105 min.

SERVINGS



4

CALORIES



571 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cider vinegar white
- 1 pinch salt
- 1 gallon milk whole

Equipment

- bowl
- pot
- sieve
- cheesecloth

Directions

- Pour the milk into a large pot, and heat until the temperature reaches 195 degrees F (90 degrees C), or almost boiling. Stir constantly to prevent scorching on the bottom of the pot. When the milk reaches the temperature, remove from the heat, and stir in the vinegar.
- Let stand for 10 minutes.
- Line a strainer with cheesecloth, and set over the sink or a large pot or bowl. The milk should separate into a white solid part, and a yellowish liquid (whey). Stir the salt into the milk, then pour through the cloth-lined strainer.
- Let the curds continue to drain in the strainer for 1 hour. Discard the whey.
- After the cheese has finished draining, pat into a ball, and remove from the cheese cloth. Wrap in plastic and store in the refrigerator until ready to use. Fresh cheese will usually last about a week.

Nutrition Facts

 PROTEIN **21.63%**  FAT **47.48%**  CARBS **30.89%**

Properties

Glycemic Index:19.5, Glycemic Load:16.85, Inflammation Score:-8, Nutrition Score:30.155651980768%

Nutrients (% of daily need)

Calories: 570.95kcal (28.55%), Fat: 30.28g (46.59%), Saturated Fat: 17.6g (110.01%), Carbohydrates: 44.33g (14.78%), Net Carbohydrates: 44.33g (16.12%), Sugar: 45.58g (50.64%), Cholesterol: 113.56mg (37.85%), Sodium: 370.05mg (16.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.04g (62.08%), Calcium: 1165.07mg (116.51%), Phosphorus: 957.01mg (95.7%), Vitamin B12: 5.11µg (85.17%), Vitamin B2: 1.31mg (76.82%), Vitamin D: 10.41µg (69.4%), Potassium: 1430.44mg (40.87%), Vitamin B1: 0.53mg (35.33%), Vitamin B5: 3.53mg (35.3%), Vitamin A: 1533.09IU (30.66%), Vitamin B6: 0.58mg (28.86%), Magnesium: 114.31mg (28.58%), Zinc: 3.89mg (25.91%), Selenium: 18µg (25.71%), Vitamin B3: 0.99mg (4.97%), Manganese: 0.08mg (3.75%), Vitamin E: 0.47mg (3.15%), Vitamin K: 2.84µg (2.7%)