



Homemade Ricotta Cheese



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



210 kcal

SIDE DISH

Ingredients

- ☐ 2 quarts milk whole
- ☐ 1 cup whole-milk yogurt plain
- ☐ 0.5 cup optional: heavy cream
- ☐ 2 teaspoons vinegar white
- ☐ 1 teaspoon salt

Equipment

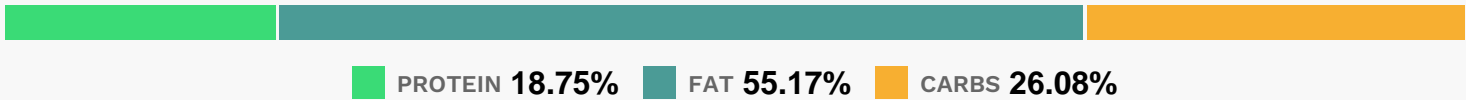
- ☐ bowl
- ☐ pot

- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ In a large pot, bring the milk, yogurt, heavy cream (if using), vinegar, and salt to a boil. Very gently boil for one to two minutes, until the milk is curdled.
- ☐ Meanwhile, line a strainer with a few layers of cheesecloth and set it over a deep bowl.
- ☐ Pour the milk mixture into the strainer and let drain for 15 minutes. Gather the cheesecloth around the curds and squeeze gently to extract any excess liquid.
- ☐ Storage: Homemade ricotta is best served slightly warm, although it can be refrigerated for up to three days, if desired.

Nutrition Facts



Properties

Glycemic Index:11, Glycemic Load:4.2, Inflammation Score:-5, Nutrition Score:9.6634782449059%

Nutrients (% of daily need)

Calories: 209.9kcal (10.5%), Fat: 13g (19.99%), Saturated Fat: 7.86g (49.11%), Carbohydrates: 13.82g (4.61%), Net Carbohydrates: 13.82g (5.03%), Sugar: 14.17g (15.74%), Cholesterol: 45.81mg (15.27%), Sodium: 408.21mg (17.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.94g (19.87%), Calcium: 362.02mg (36.2%), Phosphorus: 295.71mg (29.57%), Vitamin B2: 0.43mg (25.07%), Vitamin B12: 1.49µg (24.8%), Vitamin D: 2.84µg (18.94%), Potassium: 447.19mg (12.78%), Vitamin A: 604.08IU (12.08%), Vitamin B5: 1.12mg (11.17%), Vitamin B1: 0.15mg (10.01%), Magnesium: 35.27mg (8.82%), Zinc: 1.3mg (8.69%), Selenium: 6.05µg (8.64%), Vitamin B6: 0.17mg (8.29%), Vitamin E: 0.26mg (1.7%), Vitamin B3: 0.3mg (1.48%), Vitamin K: 1.25µg (1.19%), Folate: 4.27µg (1.07%)