



Homemade Ricotta with Apricots and Walnuts

 Vegetarian  Gluten Free

READY IN

ready

30 min.

SERVINGS

servings

6

CALORIES

calories

380 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup california apricots roughly chopped
- ☐ 1 cup heavy cream
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup walnuts toasted finely chopped
- ☐ 8 cups milk whole

Equipment

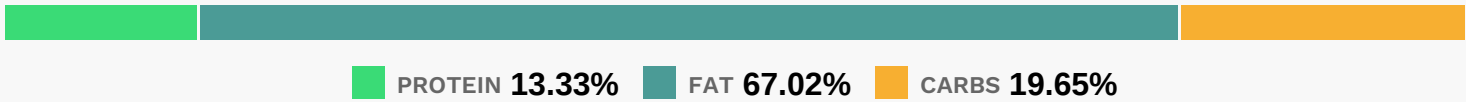
- ☐ bowl

- ☐ paper towels
- ☐ pot
- ☐ sieve
- ☐ cheesecloth

Directions

- ☐ Watch how to make this recipe.
- ☐ Line a sieve with cheesecloth or a damp paper towel and place over a bowl.
- ☐ In a large, heavy pot over moderate heat, bring the milk, cream and salt to a boil, stirring constantly to prevent scorching.
- ☐ Add the lemon juice, reduce the heat to low and continue stirring until curds form, about 3 minutes.
- ☐ Pour the mixture into the lined sieve and let drain, about 10 minutes.
- ☐ Remove the ricotta from the sieve to a medium bowl, discarding the liquid.
- ☐ Mix in the apricots and walnuts and serve.
- ☐ BYOC: Feel free to toss in some fresh herbs here, oregano or thyme would be beautiful. You could also drizzle some lemon-infused olive oil on top.

Nutrition Facts



Properties

Glycemic Index:16.61, Glycemic Load:6.35, Inflammation Score:-7, Nutrition Score:14.506086872972%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg, Catechin: 0.47mg Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg, Epicatechin: 0.61mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 380.43kcal (19.02%), Fat: 29.04g (44.67%), Saturated Fat: 15.58g (97.37%), Carbohydrates: 19.16g (6.39%), Net Carbohydrates: 18.44g (6.71%), Sugar: 18.36g (20.4%), Cholesterol: 83.86mg (27.95%), Sodium: 522.25mg (22.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.99g (25.99%), Calcium: 435.08mg (43.51%), Phosphorus: 377.65mg (37.77%), Vitamin B2: 0.54mg (31.74%), Vitamin B12: 1.82µg (30.34%), Vitamin D: 4.21µg (28.09%), Vitamin A: 1360.67IU (27.21%), Potassium: 595.61mg (17.02%), Vitamin B1: 0.22mg (14.53%), Vitamin B5: 1.39mg (13.93%), Magnesium: 53.84mg (13.46%), Vitamin B6: 0.26mg (12.88%), Manganese: 0.25mg (12.36%), Zinc: 1.66mg (11.07%), Selenium: 7.71µg (11.02%), Copper: 0.12mg (6.13%), Vitamin C: 4.52mg (5.47%), Vitamin E: 0.7mg (4.66%), Fiber: 0.72g (2.87%), Vitamin K: 2.85µg (2.71%), Folate: 10.62µg (2.65%), Vitamin B3: 0.52mg (2.62%), Iron: 0.29mg (1.6%)