



Italian Cottage Cheese



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



245 kcal

SIDE DISH

Ingredients

- ☐ 2 cups buttermilk
- ☐ 8 cups milk
- ☐ 0.5 teaspoon salt

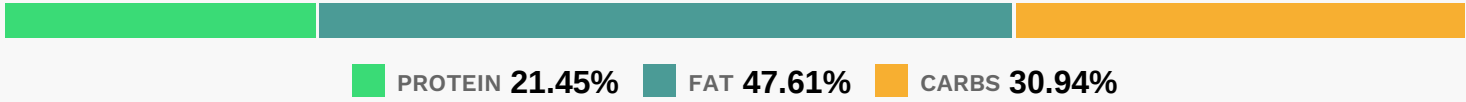
Equipment

- ☐ sauce pan
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Heat milk and, if desired, whipping cream in a saucepan over medium heat to 19
- ☐ (Do not boil.)
- ☐ Add buttermilk, stirring until large curds form.
- ☐ Line a colander with several layers of cheesecloth or a coffee filter; pour mixture into colander.
- ☐ Let stand 20 to 30 minutes to drain. Press cheese mixture slightly to remove remaining liquid.
- ☐ Invert cottage cheese onto a serving dish; sprinkle with salt. Cover and chill 8 hours.
- ☐ Serve with fresh fruit, if desired.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:6.98, Inflammation Score:-5, Nutrition Score:13.241739177833%

Nutrients (% of daily need)

Calories: 244.8kcal (12.24%), Fat: 13.06g (20.09%), Saturated Fat: 7.57g (47.32%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 19.1g (6.94%), Sugar: 19.55g (21.73%), Cholesterol: 47.84mg (15.95%), Sodium: 401.42mg (17.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.24g (26.48%), Calcium: 492.28mg (49.23%), Phosphorus: 396.59mg (39.66%), Vitamin B12: 2.12µg (35.41%), Vitamin B2: 0.59mg (34.5%), Vitamin D: 4.62µg (30.79%), Potassium: 596.04mg (17.03%), Vitamin B5: 1.52mg (15.17%), Vitamin B1: 0.22mg (14.65%), Vitamin A: 659.04IU (13.18%), Selenium: 9.14µg (13.06%), Magnesium: 47.04mg (11.76%), Vitamin B6: 0.23mg (11.36%), Zinc: 1.64mg (10.92%), Vitamin B3: 0.41mg (2.07%), Vitamin E: 0.22mg (1.46%), Copper: 0.02mg (1.17%), Vitamin K: 1.22µg (1.16%)