



Labneh (Lebanese Cream Cheese)



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



478 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients



0.3 cup olive oil



16 cups yogurt plain



1 teaspoon salt to taste

Equipment



bowl



colander

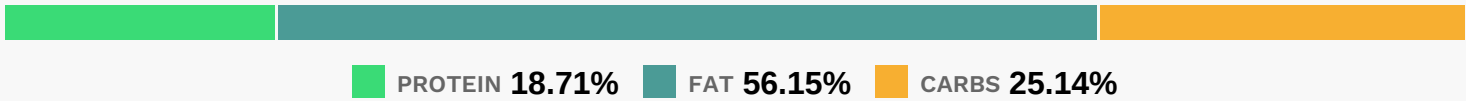


cheesecloth

Directions

- ☐
- Line a large colander with a cheesecloth. Stir salt into the yogurt, and pour the yogurt into the cheesecloth. Set the colander in the sink or bowl to catch the liquid that drains off. Leave to drain for 24 hours.
- ☐
- After draining for the 24 hours, transfer the resulting cheese to a bowl. Stir in the olive oil. Store in a covered container in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:3.17, Glycemic Load:5.78, Inflammation Score:-6, Nutrition Score:19.065217344657%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 478.09kcal (23.9%), Fat: 30.23g (46.51%), Saturated Fat: 14.94g (93.35%), Carbohydrates: 30.45g (10.15%), Net Carbohydrates: 30.45g (11.07%), Sugar: 30.45g (33.83%), Cholesterol: 84.93mg (28.31%), Sodium: 688.29mg (29.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.67g (45.34%), Calcium: 790.86mg (79.09%), Phosphorus: 620.67mg (62.07%), Vitamin B2: 0.93mg (54.57%), Vitamin B12: 2.42µg (40.29%), Potassium: 1012.84mg (28.94%), Zinc: 3.86mg (25.7%), Vitamin B5: 2.54mg (25.41%), Selenium: 14.37µg (20.53%), Magnesium: 78.41mg (19.6%), Vitamin A: 646.8IU (12.94%), Vitamin B1: 0.19mg (12.63%), Folate: 45.73µg (11.43%), Vitamin E: 1.69mg (11.25%), Vitamin B6: 0.21mg (10.45%), Vitamin K: 6.72µg (6.4%), Vitamin D: 0.65µg (4.36%), Vitamin C: 3.27mg (3.96%), Copper: 0.06mg (2.96%), Vitamin B3: 0.49mg (2.45%), Iron: 0.38mg (2.11%), Manganese: 0.03mg (1.36%)